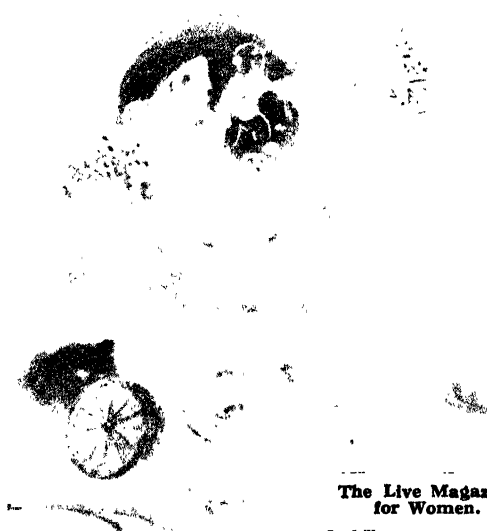


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Cookery Books

VOLUME I.

FISH

**WITH FORCEMEATS
AND FLAVOURINGS**

**Giving Modern Methods
and Reasonable Recipes for
Middle - Class Households**

**Published at the Offices of
The Girl's Own Paper and Woman's Magazine,
4, Bouverie Street, London, E.C. 4.**

This volume does not profess to give recipes for the cooking of every known variety of edible fish, nor instructions for the preparation of elaborate and expensive dishes for extraordinary occasions, since these are seldom made at home. But sufficient information will probably be found in the following pages to serve the daily needs of the average middle-class household.

POINTS TO BE EMPHASISED.

By Flora Klickmann.

COOKERY to-day differs considerably from cookery before the War. Prices have changed, necessitating a readjustment of the ingredients used. The disappearance of the trained cook from all but the homes of the wealthy, has made the time employed, and the work involved, a matter of great importance where cooking is concerned. Moreover, our tastes and our ideas have altered with the experience gained during the War.

I am constantly asked for a cookery book that is in line with modern conditions, and suited to the needs of the hard-hit mistresses of middle-class households who have to keep their expenditure within narrow limits, and often do much of the cooking themselves. This book is intended for those who wish to provide nourishing yet attractive meals, while observing careful economy both in food bills and service.

A Mental Sense of Taste amounts to Genius in a Cook.

We are often told that the secret of successful cooking lies in a knowledge of food values, a careful attention to exact measurements, and a precise regulation of heat. To some extent this is true. But there is one important qualification for successful cooking that I have never seen dealt with in print; yet it is most valuable and at times amounts to genius. The greatest chefs possess it; and it is this faculty that has given the French pre-eminence in the art of cooking. For want of a technical term, I must call it "A Mental Sense of Taste," by which I mean the power to recognise in the mind what will result from a combination of several flavours; the instinct which tells one what will be the taste of a dish merely from reading the

Flora Klickmann's Cookery Book.

A Mental Sense of Taste can be Cultivated.

recipe, and what other item would combine with it to improve it, or to emphasise its good qualities.

This faculty is akin to that possessed by the true musician, whereby he can sit down with nothing but silence and a music score, and yet hear in his mind the whole of a symphony, with every detail of orchestration, merely by reading the printed notes.

It is the streak of genius possessed by a few fortunate persons, which enables them to take every-day materials and turn out a meal that is both a work of art and a veritable feast. This faculty can be developed to a wonderful extent, and in itself it is a fascinating study that opens up new avenues of adventure where before one saw nothing but a kitchen and a larder ; while it can raise the labours of the cook from mere drudgery to creative work and artistic production.

An Asset in Fish-Cookery that must not be Wasted.

During the lean years of the War, a reader of the *Woman's Magazine* wrote to me : " I notice that most writers on Fish Cookery tell one to be sure and have the bones and trimmings from the fishmonger when he fillets the fish ; but what am I to do with them when I have them ? "

Many others have asked this question ; and because so few amateur cooks know what to do with the fish bones and trimmings, or realise their value and possibilities in the daily meals, I draw particular attention to them at the very outset.

They are a real asset in home cooking, as they will make an extra dish whenever fish is on the menu. Not only do they contain nutriment, but they take far less time than meat bones to cook, and hence use less firing. Half-an-hour's simmering will provide the foundation for some

Ingredients of a Poor Quality are no Economy.

delicious Fish Soups and Fish Stews—appetising dishes that are body-building both for children and adults, easily digested, and very economical.

Or the liquor can be made into Sauce with real food value ; and sauce in one form or another should be served with practically every fish dish (excepting shell fish), since it is invariably enjoyed. Also, where cost is a consideration, the sauce helps the fish to go farther for a family meal.

**Fish Soups and Fish Stews
should be Better Known.**

Fish Soups and Fish Stews are not nearly as well known as they deserve to be. Several recipes for each will be found in this volume, and I am anxious to recommend them very specially to the notice of the house mistress who has never yet served them at her table ; for I have found that one trial is sufficient to ensure their popularity.

Moreover, they are dishes that are easily and quickly prepared—a great advantage to the cook !

**Savoury Balls are a
Novelty in Fish Soup.**

The addition of Savoury Balls to Fish Soup is a novelty. But I can confidently advocate them as a pleasant variation, giving more character to the soup.

**Unnecessary Work
should be Cut Out.**

To save work where possible is important, especially in the kitchen. Therefore the recipes in this book have been simplified as much as possible, omitting those small, finicking etceteras of comparatively little value, that used to figure so often in pre-war cookery literature, but which are no longer possible in the average private house, owing to the time taken in their preparation and the scarcity of domestic workers.

**Flora Klickmann's
Cookery Book.**

A Dish that Reduces "Washing-up" is a Boon.

It is necessary for most of us, now, to consider whether a dish, or a course, is really worth the array of pots and pans, basins, cups and spoons, that were called for in the directions for making even a semi-elaborate dish in the years preceding the War! In the majority of cases it will be found that results quite as appetising, and every bit as nourishing, can be produced with fewer ingredients and fewer utensils than had to be used in carrying out the old-time recipes.

While no one wishes to be stinted with utensils, nor to reduce cooking from a science and an art to a mere medley of foodstuffs, there is a useful medium course possible to the small household, whereby well-cooked and tempting variety can be provided (and, in an orderly methodical manner), without that heavy aftermath of washing up that was inevitable in former days. And this is obtained by a judicious selection of few ingredients in place of an extravagant admixture of sundries where one only serves to annul another.

Also, it saves much unnecessary labour when all the items can be cooked in one saucepan, or casserole, and sent to table on one dish, instead of fish, vegetables and sauce having separate saucepans and separate serving. Of course, this is not always desirable, as it would tend to monotony; but it is a principle worth consideration, and a number of recipes for such labour-saving dishes will be found in this book.

**Greater Variety is needed
in most households.**

Many households keep to a narrow groove where fish is concerned, alternating plaice, cod and sole; or whiting, halibut and cod; with salmon and turbot as occasional luxuries. Yet there are other fish quite as palatable and less expensive.

Many Foreign Recipes will Appeal to British Tastes.

John Dory and sea-bream seldom soar high in price ; hake is an excellent and inexpensive fish with more flavour than cod ; megrims and witches are cheaper than soles, and will often serve the same purpose ; gurnet is well worth baking—only beware of its treacherous backbone ! And turbot, though numbered among the luxuries, is sometimes so plentiful, that it is cheaper than plaice ; in which case it is a bargain indeed, since it is exceptionally nutritive.

Tinned and preserved fish is much more used than before the War in the making of hot dishes, and also for fish salads. Dried “ Fish Flakes,” which can now be obtained in packets, are not nearly as well known as they deserve to be. They are a boon to those who live in the country, or out of reach of a fresh fish market.

**Foreign Recipes provide
much Useful Novelty.**

I have included in this volume a number of foreign recipes that have been sent me by readers of the *Woman's Magazine* ; as these have all been tested, they can be well recommended, and they will provide fresh ideas for the enterprising cook who likes to experiment in new directions.

**Never serve Fish
by itself.**

Formerly fish was seldom served in polite society with any vegetables, apart from garnishings. Yet it combines well with so many things, that it is a wasted opportunity to serve it alone. Either potatoes, macaroni, or rice, should always accompany it ; and in some cases they can be cooked with the boiled fish and served on the same dish.

Of vegetables : green peas go well with anything. Parsnips, boiled and then fried, make a nice accompaniment for boiled or fried white fish.

Onions combine excellently with all fish, though one

Cookery Book.

Serve either Potatoes, Macaroni, or Rice with Fish.

would not serve them with salmon, or any fish that had a delicate distinctive flavour. They are particularly useful, however, in supplying zest to the more insipid fish.

Turnips, carrots, and celery are a gain to fish stews and chowders ; when cold they can be added to fish salads.

The egg plant, or aubergne, if sliced and fried, is sometimes served with sole. Beetroot is an improvement with hot or cold fried fish ; also in fish salad.

Tomatoes, baked or fried, are recommended for herrings and mackerel. Vegetable marrow is acceptable with either boiled, baked, or fried fish.

Pastry crust is another desirable addition ; white fish and shell fish, whether in patties, pasties, croustades, or pies, make delicious eating.

Eggs and milk can be used with any fish that is not oily.

The Newest Methods in Cooking Fish.

The newest methods dispense with much that was merely work-making and extravagant in pre-war recipes. It is no longer imperative to egg and breadcrumb fish before frying ; neither need one go to the trouble and expense of batter unless specially desired. The War taught us that fried fish can be quite as appetising and successful without these additions as with them.

And another war-time discovery was the value of the skin of the fish. Nowadays the generality of fish is not necessarily skinned, unless for an invalid or for some special white dish, and even then the skin need not be wasted, as it can be simmered for soup, stock, or stew.

Milk is no longer considered indispensable for fish sauces ; we have learnt that these are better flavoured, and very nourishing, when made from the water in which fish, or fish trimmings, have been boiled.

Small Meals are Needed more often than Large Ones.

Another point of difference between the modern and pre-war cookery is in the "quantities" of ingredients used in the recipes. The majority of pre-war recipes not only called for more eggs and butter and cream than were necessary for the making of a dish, but they also called for more than the average modern digestion can deal with! And this lavish use of rich ingredients was due to the fact that many of the recipes in the cookery books that were current before the War had been taken, sometimes without any modification, from cookery books that were published in the eighteenth and early nineteenth centuries, when the whole life of the nation was less sedentary, and less expensive, than in this twentieth century; and people could use—and also could digest—eggs, cream and butter, with rich roasts and other fat fare, at a rate that would cause even the wife of a modern war profiteer to gasp, if she had to pay the bills to-day.

The recipes in this book have been compiled to suit modern prices, modern tastes, and modern digestions. At the same time the need for nourishment has never been overlooked. A dish that is deficient in body-building properties is—as a general rule—nothing more than a waste of time and material.

And yet another difference between cookery past and present lies in the number of persons to be catered for. Much smaller dishes are now needed in the average middle-class household, since daughters as well as sons often live away from the parental roof, or at any rate take their meals in town; and we no longer require our recipes to provide for eight to ten persons, as they did in the past.

In the main, the quantities given in the recipes that follow, provide for three or four persons.

VARIOUS WAYS OF COOKING FISH.

TO PREPARE THE FISH.—The fishmonger usually cleans the fish, and fillets it if desired. After this all that is needed is a quick dip in water, enough to ensure the fish being quite clean and yet not long enough to risk spoiling the flavour of the fish, as its juices are easily washed away. Dry by placing between a clean dry cloth.

If the fish has not been cleaned, make a little slit below the head, in order to remove the entrails; the liver and roe must be saved however. In some fish the head is also removed; in others only the gills. In most fish the fins are removed, also the scales, by scraping the fish from its tail upwards. Wash inside and out, but do not soak the fish in water.

TO FILLET.—It is not necessary nowadays to remove the skin, unless the fish is for an invalid, or to be used in some special white dish, though fish with tough skins can be skinned.

With the point of a sharp knife cut right down the centre of the fish beside the backbone, then insert the knife under the fish, close to the bone, and in this way sever the fish from the bone. There should be no fish left adhering to the bone when each of the four fillets has been removed.

TO BAKE.—Place in a well-greased baking dish with 2 tablespn. water in the bottom; sprinkle the fish lightly with salt, dredge a little flour over it, and dot pieces of butter or dripping on top to keep the skin from scorching. Cover dish with greased paper (which should not touch the fish), or with another dish, until it is nearly cooked; remove the cover 15 min. before taking the fish up in order to let it brown well. Or, if you continually baste the fish with the fat in the dish, it will not need to be covered up. When nicely browned it is done.

Various Ways of Cooking Fish.

Underdone Fish is Injurious.

Fish when baked takes longer to cook than when boiled ; 30 min. is about the time required for a thick cutlet, and 40 or 50 min. for a stuffed bream or cod. When the flesh parts readily from the bone, the fish is done.

To BOIL.—White fish is put into cold, or merely warm salted water ; red fish is put into hot water to preserve its colour. It often improves the flavour of white fish to cook it in stock or *bouillon*. Allow 1 teaspn. salt to each pint of water. The fish should be barely covered with water. Never allow it to boil fast, merely simmer it gently at the side of the fire. If it boils fast, or is put into boiling water, the fish will break and its appearance be spoilt. The length of time required for cooking fish depends on its thickness rather than on its weight ; and it varies from 5 min. for small whiting, to $\frac{1}{2}$ hour for a large turbot, a thick piece of cod taking longer than a plaice. As a rule 15 to 20 min. is ample for a medium-sized fish. When the fish is done the flesh is a solid white colour, not semi-opaque, and it separates readily from the bone.

If fish is wanted very white, a few drops of lemon juice can be added to the water ; or, better still, it can be cooked in milk and water— $\frac{1}{4}$ milk and $\frac{3}{4}$ water. Turbot, brill and soles are sometimes cooked in milk and water, the liquor being used for the sauce, or for fish soup.

TO SELECT FISH.

When Fish is fresh, the Flesh is firm, the Eyes are full, the Gills are bright red, the Scales are silvery and gleaming, and the Fins are moderately stiff.

Avoid Fish that is limp and flabby, with dull eyes and scales, and pale or liver-coloured gills, as it will be stale.



Fish is Cooked when it Separates from the Bone.

If you have no fish kettle with a strainer for lifting out the fish, put a piece of muslin under it, with ends long enough for you to lift the fish in it, out of the water.

TO BROIL.—See **TO GRILL**.

TO FRY.—Dry the fish well in a cloth, as wet fish does not brown properly.

The secret of successful frying is to have the fish well dried before cooking, and plenty of fat, which must be smoking hot (not merely boiling) before the fish is put in.

And let the inexperienced cook beware of the hot fat that sometimes splutters up when the fish is added to it !

Cut the fish into convenient portions, unless it is required whole or in large fillets ; the smaller portions are easier to manage. In former days, nearly all fried fish was either covered with egg and breadcrumbs, or with batter, before being fried, but this is no longer an essential. It is sufficient if the fish is dipped in a mixture of flour, salt and pepper (1 teaspn. salt, $\frac{1}{2}$ saltspn. pepper being added to 2 tablespn. of flour), and then put into smoking hot fat. Fry from 10 to 15 min., according to the thickness of the fish, cooking it on both sides, till a golden brown colour.

If required with egg and breadcrumbs, dip into flour ; next into lightly beaten egg, then into breadcrumbs, and put at once into the hot fat.

If required in batter, the pieces are dipped into the following mixture.

BATTER FOR FRYING.—Mix $\frac{1}{4}$ lb. flour with 1 saltspn. salt. Beat an egg lightly and mix in ; work to a smooth cream with a little water.

TO GRILL.—Heat the gridiron, rub well with suet or fat. Dry the fish, dust lightly with salt, rub over with dripping or oil, put on gridiron over a very clear hot fire. When well browned on both sides, it is done. About 15 min. is sufficient for all but very thick fish, which may take longer.

Fish should never Boil rapidly.

TO POACH.—This is a delicious method for white fish. Put fillets in a buttered baking pan, or small enamel saucepan, sprinkle lightly with salt, and add just enough good sauce, or well-flavoured stock, to keep it moist, but not to cover the fish. Cover the pan closely and let simmer about 10 or 15 min. till done, or put in the oven for about 25 min. The liquor is thickened for sauce, which is poured over the fish.

TO STEAM.—This is the most nutritive and economical method of cooking fish, as all the essence and flavour are retained. It is especially desirable to steam the fish when cooking for an invalid.

Wash fish and wipe moderately dry. Place on a plate that will go in the steamer. Sprinkle lightly with salt. Place steamer over a saucepan of boiling water, and steam till the flesh separates easily from the bone. A small fish or a fillet, or tinned fish, will take from 7 to 10 min. to cook ; larger-sized fish will take a proportionately longer time, a 5-lb. fish requiring about $\frac{3}{4}$ hour.

The Hot-Oven Method of Cooking Fish.

The hot-oven method is done in a very quick oven—one which registers 600° F.

If the fish is of the large variety, like halibut, purchase it in a chunk, or whole, rather than in fillets. Slip a small knife under the skin and remove it. This is not difficult if you start at the tail end and follow it up with the knife.

Cut the fish down close to the backbone in two sections, then cut each section into servings, allowing just $\frac{1}{3}$ lb. to each piece. The backbone may be removed from the side which contains it, and the bone cooked like the rest, as the meat adhering to it is always very sweet.

To prepare the pieces of fish for cooking, place some milk in a bowl (unsweetened condensed milk, diluted, may be used), and salt it heavily, using about 1 tablespn. of salt to

A little Lemon Juice keeps Boiled Fish White.

each cup of liquid. This salted milk takes the place of the high-priced eggs generally used, and at the same time thoroughly seasons the fish.

Arrange the pieces of fish on the extreme left hand. Place the bowl of salted milk next, and then a pan containing finely-sifted breadcrumbs. Last in the row, at the extreme right, should be a greased baking-pan for the cooking. It saves considerable time and labour to prepare this lay-out as indicated, especially if much fish is to be cooked.

With the left hand put a piece of fish into the bowl of milk, then toss it into the pan containing the crumbs. Now, with the right hand, cover the fish with crumbs and place it in the baking-pan. Keep the left hand for the wet work, and the right hand for the dry work. In this way the crumbs can all be used without becoming dampened, which would happen at once if the hands were interchanged.

With the servings of fish laid side by side in the pan, sprinkle each piece with a little oil or melted dripping or butter. This causes the crumbs to brown attractively. Only breadcrumbs produce the desired effect. If the fish is rolled in flour, oatmeal, or even biscuit crumbs, the same results are not obtained. This is because there is no immersion in fat to brown the medium used, as in deep fat frying.

After securing as much heat in the oven as possible, bake the pan of fish in it for 10 min. Do not be afraid of burning, and *never* add any water to fish cooked in this quick-oven way. If the heat has been sufficient, the pan, when taken from the oven, will be quite dry underneath the fish, each piece will be beautifully browned on all sides, and may be easily removed to a platter with the aid of a fish-slice. Garnish with sprigs of parsley and pieces of lemon.

Cooked in this way every fish has a flavour of its own, easily distinguishable, as in the case of beef or mutton.

FLAVOURINGS FOR FISH.

IN the average middle-class kitchen, too little attention is paid to flavourings for fish, parsley or anchovy being most frequently employed. Yet there are many other flavourings that combine well with fish, enabling the cook to get wide variety with very little extra trouble.

Anchovy is usually introduced in the form of essence in sauce. But anchovy fillets are a great gain to some fish stuffings; also they are useful for canapes, salads, etc. Anchovy butter and anchovy paste are delicious for sandwiches with or without other fish filling; also for toast, fried bread, and such like foundations on which are heaped creamed or scalloped fish.

Bacon, fried, is served with fish in various parts of the world, particularly in Canada, Scotland, and America. Fillets of white fish only, should be used, and fried with the bacon. The combination is excellent.

Bay Leaves are valuable for baked fish, especially for rich fish, such as mackerel and herrings. They are essential for pickled or soured fish; and they improve the flavour of fish stew, fish stock, and any bouillon in which fish is boiled. But they must be used sparingly; one or two will be sufficient for any but large dishes. A bay bush will grow in almost any sort of garden.

Beetroot is included in salad; or served with cold fried or baked fish.

Capers are now much used with any kind of fish. They supply acidity to sauce, and give piquancy to stuffing and fish salad.

Cayenne is served with whitebait and other fried fish. It is added to sauces, pickled fish, or any other dish where pungency is required.

Celery is acceptable in fish sauce, also in soup and stews. It gives variety if it is boiled, and then added,

Cocoanut is Cooked with Fish in the East.

chopped fine, to the stuffing for baked cod or bream. Shredded uncooked celery can be included in fish salad.

Celery seed and celery salt can be used in place of the stalk in soup. But the seed should be tied up in muslin which can be easily removed. Otherwise the seed may spoil the appearance of the soup.

Cheese is an appetising ingredient either for sauce to accompany fish, or for a made dish ; but it is only suitable for white fish. It should be grated before being added to the fish. Mace or cayenne invariably goes with it.

Chillies, green and red, are largely used with fish in Spain, Brazil, and other warm climates. They are useful when a hot-tasting dish is required.

Chutney, chopped small, can be added to sauce, curry, rich baked fish, pickled fish ; or it can be served with fried fish.

Cloves are a gain to fish stew if a few are stuck into an onion and removed later. They can be used to give a spicy flavour to sauces served with baked or broiled fish ; they are essential for pickled or soured fish.

Cocoanut as a flavouring for fish will be new to many ; yet it appears in most fish dishes in Ceylon, and is largely used in Brazil, the West Indies, and parts of India. Sometimes it is grated and added to the fish ; or the milk alone is used.

Crab and Crayfish. See LOBSTER (p. 17).

Cucumber is usually served with salmon ; it is equally good with cold fried fish, or with pickled fish—for those who can digest it. Thinly sliced it is included in fish salad.

Curry powder is used with fish in India, Burma and South Africa for fish curry, pickled fish, and as an addition to sauce.

Fennel used to be popular with fish ; but is not much used to-day, being superseded by many other flavourings.

Flavourings for Fish.

Some Delicious Chinese Dishes combine Pork with Fish.

Garlic is less used in Great Britain than in Italy and Spain ; onions, shallots and chives appealing more to English tastes. It can be employed however in any recipe where the flavour of onion is needed. Use sparingly.

Gherkins are very popular with rich or fried fish. Chopped fine they are added to the sauce or scattered over the surface of the fish ; sliced, they serve for garnishing or for adding to mayonnaise or salad.

Horseradish is chiefly used in sauce served with oily fish or a rich fish dish. The sauce is also excellent with fried fish. The grated horseradish sold in bottles is best for this purpose, as it is less tough than the scraped root. But if the latter be used, it must be scraped and chopped very fine indeed.

Lemon is a universal favourite ; the juice is a corrective to rich fish ; the peel—in minute quantities—brightens sauces or stuffing ; sliced, it is a fragrant and attractive garnish. It is well to remember that the oil that is in lemon peel is rather strong, however, and does not agree with every one.

Lobster, Crab, and Crayfish are used as flavourings in addition to being served as separate dishes. They are particularly useful in conjunction with the more tasteless white fish. Chopped small, the meat is added to sauce, stuffing, salad, and made dishes. Even the shells can be re-boiled and simmered after the meat has been removed, the strained liquor being thickened for sauce. The tinned varieties serve as well as the freshly-caught shell fish, for flavouring, and are less expensive.

Mace helps to develop the flavour of most fish ; and a little can be used with advantage in made dishes containing fish. It is included in several kinds of sauces, and should always be added to any dish containing cheese as well as fish. Use sparingly.

Onion Flavour often Improves Insipid Fish.

Marjoram and **Thyme** are indispensable in savoury stuffing ; also as a flavouring for fish soups and stews, and the stock in which insipid fish is boiled.

Meat Extract is chiefly used to give body and richness to brown stock, or to sauce that is required to be dark and rich. It can sometimes be added very advantageously to fish in casserole, or baked fish that is inclined to be flavourless.

Mint is not often mentioned with fish ; nevertheless, mint sauce is excellent with most cold fish that has not a very pronounced flavour of its own.

Mushrooms are chiefly used in sauce for white fish that is delicate in flavour, otherwise their own flavour is lost. Mushroom ketchup is a gain to brown sauce accompanying baked or fried fish.

Mustard is excellent in sauce for herrings, mackerel, or any rich dish, such as fried fish. It also is used much in Burma and in South Africa for pickling cold fried fish—a very appetizing dish.

Nasturtium Seeds answer well in place of capers. Gather young seeds ; soak in well-salted water for 24 hours ; drain, then cover with boiling vinegar, adding 6 peppercorns to each pint of vinegar. Cork up in a jar or bottle when cold, and use as capers.

Nutmeg combines well with any white fish, and is specially to be recommended for sauce accompanying smoked haddock. It can be put into stuffing, fish balls, fish pie, patties, or sauce ; only it must be used sparingly.

Onions are a great gain to the more tasteless kinds of white fish, combining well with either boiled or fried fish, and giving a fillip to soup or stew. Only a very small quantity is needed, often 1 thin slice is sufficient, or 1 teaspn. of juice, which is extracted by squeezing a chopped onion in a little piece of muslin.

Serve Fried Bacon with Fried Fillets.

Paprika is similar to cayenne, and can be used in any dish needing a hot ingredient.

Parsley needs no special recommendation. It is an ever-useful item that goes well with anything in the shape of fish, and is unrivalled for garnishing.

Pepper requires no introduction. Peppercorns are useful in soup and stock, also in pickled and soured fish.

Pickles chopped small are added to sharp sauce, mayonnaise, or served as an accompaniment to rich fish.

Pork combines excellently with fish ; and the two are served together in various parts of the world. In America a piece of pork fat is essential in chowder. In China pork is minced with fish, also used in fish balls, and included in fish stews—and with delicious results.

Prawns are a gain to any fish dish, but since they are not cheap, shrimps usually take their place for sauce or stuffing, the prawns being reserved for *hors d'œuvre*, and for garnishing.

Sage is only used if onions and bacon or pork are used in the fish dish.

Salt is the most important factor in the cooking of fish, since it develops the flavour of the fish in a remarkable manner, and without it even the choicest fish becomes uninteresting.

Boil fish in well salted water ; or, in the case of fish that is cooked without water, sprinkle very lightly with salt an hour before cooking, rinsing off the salt when the time comes for cooking. Many a fish dish that seems badly cooked, is really suffering from lack of salt.

Shrimps should be much more used than they are. On the Continent, particularly on the French and Belgian coast, they figure in sundry ways in the menu, their distinctive flavour redeeming many a plain and otherwise ordinary fish course. They can be used in sauce or stuffing,

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Tarragon Deserves to be more Widely Used.

or be added with advantage to many made fish dishes. They can be bought, ready shelled, in tins ; and though these come a little dearer, than when purchased fresh from the fishmonger, they are useful to keep in the store cupboard for an emergency.

Tarragon which is much used by the highest professional cooks and chefs, is rather neglected by the middle-class housewife. Yet its distinctive, pleasant flavour makes it a most desirable ingredient in savoury cooking. A few green leaves chopped small can be added to sauce for fish, or if steeped in vinegar, they provide tarragon vinegar which is largely used in sharp sauces. This vinegar can be bought at any good shop, also fresh tarragon. Or the plant can be grown in a garden as easily as parsley.

Thyme. See MARJORAM (p. 18). There is a strong oil in thyme, which some people cannot digest ; it is this that causes stuffing to disagree with delicate digestions, though it is a singularly palatable herb.

Tomato. This is useful in sauce, in fish pie, and baked or fried with fish.

Turmeric is much used in the East in fish cooking, particularly in Burma. It can be recommended especially for pickled cold fish.

Turnips are desirable in all fish soups and stews.

Watercress is very agreeable with cold rich fish.

Walnut Sauce is acceptable with fish, and walnut ketchup improves many made fish dishes that are inclined to be tasteless.

Worcester Sauce, Yorkshire Relish, and the piquant proprietary sauces are a great help to brown sauce that is to accompany fish ; and will give a fillip to fish soup or stews.

SAUCES FOR FISH.

White Sauce.

The Foundation of many Fish Sauces.

$\frac{1}{2}$ pt. fish stock, water, or milk.	1 tablespn. butter.
1 piling tablespn. flour.	1 saltspn. salt.
	Pepper. Water.

When white sauce is to be served with fish, it has much more flavour and is more nutritious if made with fish stock or some of the liquor in which the fish was boiled ; this is also the most economical method. But if a very delicate sauce is needed for an invalid, it can be made with milk, or half milk and water. Or use water.

Mix flour quite smooth with a little water, working out all lumps with the back of the spoon. Add only a very little water at a time, otherwise it will be difficult to get it smooth. When it is the consistency of cream, add the fish stock or whatever liquid is being used, which should be warm, but not boiling. Mix well. Put into a saucepan with seasoning, stirring the whole time ; when hot add butter, and boil gently for 2 or 3 min., or till the butter is thoroughly amalgamated with the sauce. It is then ready for any flavouring required. This is also known as melted butter sauce and drawn butter sauce.

Sauce must be stirred continuously the time it is cooking, and always stirred in the same direction, otherwise it will burn.

ANOTHER METHOD. —
Some cooks melt the butter first of all in a saucepan, and work in the flour, taking care that it does

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Cheese Sauce is Excellent with White Fish.

not brown. Simmer 2 or 3 min., then add hot stock or milk. Bring to boil, simmer 3 min.

TO MAKE FISH STOCK.—To $\frac{3}{4}$ pt. of water allow $\frac{1}{2}$ lb. fish bones and trimmings, a slice of onion, a bouquet of herbs (a sprig each of parsley, marjoram and thyme), or $\frac{1}{2}$ teaspn. mixed herbs, $\frac{1}{2}$ bay leaf, 1 teaspn. salt. Bring to the boil, then simmer 25 min., not longer. Strain.

Brown Sauce.

The Foundation of Dark Sauces.

$\frac{1}{2}$ pt. good brown stock.	1 tablespn. mushroom, or
1 tablespn. butter or dripping.	walnut, ketchup.
1 tablespn. flour.	Salt.

Melt butter in pan, stir in flour till quite smooth and brown, add stock hot, simmer for 10 min. ; add ketchup.

Some cooks fry a sliced onion and carrot and tomato till brown in the fat before adding the flour and stock, and strain before serving. But vegetables must not be added if they are likely to annul any other flavouring that is to be added.

TO MAKE BROWN STOCK.—To 1 pt. of water allow $\frac{1}{2}$ lb. lean beef (neck or shin, or any odd pieces of lean), 1 small onion, 1 clove, 1 bay leaf, 1 carrot, 1 bouquet of herbs, 1 piling teaspn. salt, a tablespn. dripping.

Melt dripping in a saucepan ; when quite hot add sliced onion, carrot and meat cut into small pieces. Fry for about 15 min., till well browned ; then add water, salt and flavourings. Bring to the boil and simmer 4 or 5 hours. Skim occasionally. Strain into a basin. When quite cold remove all fat from the surface.

If any brown gravy is available, it will improve the stock. Any bones, bacon rind, or meat trimmings can be used, when less beef will be needed.

Sauces for Fish.

Tinned Shell-Fish is Handy for Sauce.

Anchovy Sauce.

For any Fish.

Make $\frac{1}{2}$ pt. white sauce (p. 21); when it boils, add 1 teaspn. anchovy essence.

Apple Sauce.

For Fried or Baked Herrings.

Peel and slice 4 large apples; put to simmer with 1 tablespn. water for about 40 min. When quite soft, beat up with 1 teaspn. sugar.

Asparagus Sauce.

For White Fish.

Make $\frac{1}{2}$ pt. white sauce (p. 21), using the water in which asparagus has been boiled instead of any other liquid. If any asparagus is available, add a tablespn. of tips. Or, add a tablespn. lemon juice and a hard-boiled egg, sliced.

Bearnaise Sauce.

For any Fish.

This is named after Bearn, the birthplace of King Henry IV. of France.

3 tablespn. butter.	1 tablespn. chopped pickles.
2 tablespn. tarragon vinegar.	3 yolks of eggs.
2 tablespn. water.	1 dessertspn. minced parsley.
1 small onion. $\frac{1}{2}$ teaspn. salt.	$\frac{1}{2}$ saltspn. pepper.

Heat water, vinegar and onion in enamel saucepan; simmer 15 min. Meanwhile beat butter to a light cream; beat egg yolks a little with salt and pepper. Remove onion from saucepan, add hot, but not boiling, liquor to the beaten egg, stirring all the while. Put into a double saucepan, or stand the basin in a saucepan containing boiling water, and stir well until the mixture thickens; then add butter a little at a time, seeing that it is well blended each time before the next portion is added. Finally, stir in the finely chopped parsley and pickles. Tarragon flavour is an essential of this sauce.

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Do not Boil Sauce after adding Shell Fish.

Béchamel Sauce.

For Fish without any pronounced Flavour.

This sauce, named after a celebrated chef, is richer and more highly flavoured than the ordinary white sauce. It is useful when a rich sauce is required for special occasions, and any flavouring can be added, such as anchovy, shrimp.

$\frac{1}{2}$ pt. good white stock (veal or chicken).	$\frac{1}{2}$ pt. milk. 1 small onion. 1 saltspn. salt.
1 tablespn. flour.	1 bouquet herbs.
3 dessertspn. butter.	6 peppercorns. 2 cloves.

Put onion, herbs, peppercorns and cloves in a saucepan with the stock ; simmer 20 min. Meanwhile mix the flour smooth with a little milk till it is like cream. Strain the stock, return to saucepan, stir in the flour and milk, add salt and butter ; keep stirring till it boils. Let it simmer 2 or 3 min., stirring all the time. Serve hot.

Some cooks add cream and less butter, others make with milk and cream.

Bread Sauce.

For Sole or Plaice.

$\frac{1}{2}$ pt. milk. 1 small onion.	1 teaspn. each butter, salt.
3 oz. fine breadcrumbs.	Pepper. Nutmeg.

Put onion and milk in a saucepan ; when boiling, pour over breadcrumbs in a basin. Cover and leave to soak for $\frac{1}{2}$ hour. Remove onion, mash milk and crumbs, and put on to boil again ; add salt, a dust of pepper, and a little grated nutmeg, if liked, and butter. When hot through and well blended it is ready. Omit onion if for a delicate person.

For an invalid this makes a change from the melted butter usually served with the fish, and it is nourishing. Half the above quantities would be ample for an invalid's meal.

Californian Pepper Sauce.

For Herrings, or any Rich Fish.

Make $\frac{1}{2}$ pt. white sauce (p. 21). Add 1 tablespn. chopped chillies and a dust of paprika.

Sauces for Fish.

Shell Fish becomes tough if re-boiled.

Caper Sauce.

For any Fish.

Make $\frac{1}{2}$ pt. white sauce (p. 21); add 2 tablespn. capers.

Cheese Sauce.

For Boiled or Fried White Fish.

Make $\frac{1}{2}$ pt. white sauce (p. 21); when cooked, add 1 tablespn. grated cheese; stir till thoroughly blended. Equally good hot or cold.

Cockle Sauce.

For Cod or any White Fish.

This is not often used; but where cockles are available, it makes an agreeable change.

Make $\frac{1}{2}$ pt. white sauce (p. 21); when it boils, add 2 tablespn. cooked cockles. When it comes to the boil again, it is ready. Some people like the addition of a teaspn. of lemon juice. Others prefer a light dust of mace added.

Cream Sauce.

For Boiled White Fish.

This sauce can be used as a foundation sauce when something richer than the ordinary white sauce is needed.

$\frac{1}{2}$ pt. cream.

1 dessertspn. butter.

1 piling tablespn. flour.

$\frac{1}{2}$ saltspn. salt. A little milk.

Mix flour quite smooth with a little milk till the thickness of cream. Add cream, salt and butter, and bring gradually to the boil, stirring all the while. If liked, a blade of mace can be added. Simmer for 2 min. Add whatever flavouring is needed, such as anchovy, egg, shrimp, etc., in the proportions given under the different sauces. Or it can be served without any added flavouring.

Egg Sauce.

For Baked or Boiled Fish.

Make $\frac{1}{2}$ pt. white sauce (p. 21); add 2 hard-boiled eggs sliced or chopped.

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If Sauce is too Thin, add Flour.

Fennel Sauce.

For Mackerel.

Make $\frac{1}{2}$ pt. white sauce (p. 21); add 2 tablespn. chopped fennel previously boiled tender in salted water.

Green Pea Sauce.

For Salmon.

1 teaspn. each sugar, butter, $\frac{1}{4}$ pt. milk. 1 teacup green peas.
flour. 1 sprig mint. 1 saltspn. salt. Water.

Put peas, salt and mint into hot water just sufficient to cover them. Simmer till soft enough to mash. Rub through a sieve with the water in which they were boiled. Meanwhile mix a piling teaspn. of flour and a scant one of sugar with warm milk; add to the pea pulp. Stir over fire till hot. Add butter and further salt if necessary. Boil 2 min., stirring continuously. If too thick, add a little more milk; if too thin, increase the flour—peas vary very much. Serve hot.

ANOTHER METHOD.—Make $\frac{1}{2}$ pt. white sauce with milk, or milk and water; when it has boiled 2 min., add $\frac{1}{2}$ cup cooked green peas. Cold left-over peas do well for this, or bottled peas. If the sauce is to be served with hot salmon, bring the sauce to the boil, stirring continuously; then serve in sauce boat, or pour over salmon. If the fish is cold, stir in the peas and let the sauce get quite cold before serving.

Hollandaise Sauce.

For any Baked or Boiled Fish.

$\frac{1}{2}$ pt. milk, or water.	2 yolks of eggs.
1 oz. butter. $\frac{1}{2}$ oz. flour.	1 saltspn. salt.
Juice of $\frac{1}{2}$ lemon.	$\frac{1}{2}$ saltspn. cayenne, or pepper.

Melt butter in a saucepan, stir in flour till it is quite smooth. Add milk or water a little at a time, also seasoning. When it boils, drop in yolks one at a time, beating well. When it has thickened, but not boiled again, add lemon juice.

Sauces for Fish.

If Sauce is too Thick, add Water.

Horseradish Sauce.

For Mackerel, Herrings, or Fried Fish.

$\frac{1}{2}$ pt. white sauce.	1 dessertspn. vinegar.
2 tablespn. grated horse-radish.	1 lump sugar.
	Pepper and salt.

Make white sauce with white stock or fish stock. Soak the horseradish in vinegar 5 min. When the sauce boils, add sugar, remove from fire, stir in horseradish, and heat through without actually boiling again. Add more salt if needed, and a dash of pepper.

Lemon Sauce.

For Plaice, Sole, and Halibut.

Make white sauce with $\frac{1}{4}$ pt. milk and $\frac{1}{4}$ pt. water ; add to the saucepan the thinly-peeled rind of $\frac{1}{2}$ lemon. When sauce has boiled 3 min., remove lemon peel, add the juice of $\frac{1}{2}$ lemon. Stir well.

Lobster Sauce.

An Economical Method.

Make $\frac{1}{2}$ pt. white sauce (p. 21) ; add a cup of chopped lobster meat and $\frac{1}{4}$ saltspn. cayenne. Heat through, but do not reboil after lobster is added. Tinned lobster answers well for this.

Lobster Sauce.

For a Rich Dish.

A hen lobster.	2 tablespn. cream.
2 oz. butter.	1 scant saltspn. salt.
$1\frac{1}{2}$ oz. flour.	$\frac{1}{2}$ teaspn. anchovy sauce.
1 pt. water.	1 teaspn. lemon juice.

Get a hen lobster if possible, on account of the coral, which is a bright scarlet powder, at the back of the shell, running almost up to the head ; it is most effective in colouring the sauce, as well as for purposes of decoration ; and, if not all required for the sauce, will keep for another

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To enrich Sauce, add one Egg Yolk.

time if well dried. After the lobster's shell has been cracked scrape out this coral; then remove the flesh from the tail and claws—the rest is not wanted for the sauce, but may be used in salad. Flake the meat with two forks, never chop it, and the flakes need not be too small.

For the sauce itself take 2 oz. of butter and melt in a small saucepan; add $1\frac{1}{2}$ oz. of flour, stir well, and let it cook without colouring for 1 min. Now add by degrees the water, salt, anchovy sauce and sufficient of the lobster coral to colour the whole a pretty pale pink. Boil for $\frac{3}{4}$ min., then stir in the cream and pieces of lobster. Heat together without quite boiling, and add lemon juice.

To make the sauce still richer, some boil the shells and feelers of the lobster with 1 pt. of water to make stock to use instead of the plain water.

Mayonnaise Sauce.

For Salmon or any White Fish.

3 eggs.

1 saltspn. salt.

4 tablespn. salad oil.

1 teaspn. vinegar.

Put the yolks only into a basin, stir lightly for 1 min.; then add oil a drop at a time, stirring all the while and always the same way. When the sauce is quite thick, stir in salt and vinegar.

Mock Mayonnaise.

For Cold Fish.

This is less rich than ordinary mayonnaise and more quickly made.

Make $\frac{1}{2}$ pt. white sauce (p. 21); when quite cold, stir into it, a few drops at a time, 2 tablespn. vinegar and 1 dessertspn. made mustard.

Sauces for Fish.

Green Pea Sauce can be recommended.

Red Mayonnaise.

A Hot Dressing for White Fish Salad.

1 cup thick mayonnaise. ½ teaspn. Worcester sauce.
1 tablespn. chopped pimientos. 2 tablespn. tomato ketchup.

The dressing should not be mixed until the last minute, and the salad should be served quickly after it is made.

Chop the pimientos very small ; mix all the ingredients thoroughly ; add a light dash of cayenne, if liked very hot.

Mushroom Sauce.

For any Fish.

½ pt. brown sauce. 1 dessertspn. butter.
½ lb. fresh mushrooms. Salt. Pepper.

Wash, peel and chop mushrooms. Heat butter in pan, soak mushrooms in it for 15 min., tossing frequently. Add brown sauce hot, a dust of pepper, and more salt if needed. Boil 2 min.

Mustard Sauce.

For Cold Fried or Hot Baked Fish.

2 tablespn. vinegar. 1 teaspn. each sugar, salt,
2 teaspn. dry mustard. flour, butter. ½ pt. water.

Mix dry ingredients thoroughly, then work to a smooth cream with vinegar. When absolutely free from lumps, put in enamel saucepan, add the hot water and butter, stir all the time till it has boiled 3 min. Pour out into china sauce boat. Serve cold or hot. A good sauce for any rich fish, or fish that has been cooked with fat.

Nutmeg Sauce.

For Smoked Haddock and White Fish.

Make ½ pt. white sauce ; add ½ saltspn. grated nutmeg. Suitable for winter.

Onion Sauce.

For Skate, Cod, or Hake.

½ pt. fish stock, or water. 1 tablespn. each flour, butter.
2 medium onions. Pepper, salt.

Slice onions, simmer in stock 20 min. Rub through a

Shrimp Sauce makes any Fish Appetizing.

sieve. Melt butter in saucepan, stir in flour till smooth. Add the strained stock, and salt if needed. Bring to the boil, simmer 5 min., stirring. Add a dust of pepper.

Oyster Sauce.

For any White Fish.

Make $\frac{1}{2}$ pt. white sauce (p. 21); when it has boiled 3 min., add 12 oysters, chopped in half. Directly the oysters begin to curl the sauce is done.

Parsley Sauce.

For Boiled or Fried Fish.

Make $\frac{1}{2}$ pt. white sauce (p. 21); when cooked, add 2 tablespn. chopped parsley, stir 1 min. over fire, but do not re-boil, or the parsley loses its colour.

Piquant Sauce.

For Salmon, Mackerel, Herrings, or Sprats.

4 small onions.	1 bouquet herbs.
4 pickled gherkins.	6 peppercorns.
1 tablespn. piccalilli.	$\frac{1}{2}$ cup vinegar.
$\frac{3}{4}$ pt. brown sauce.	1 bay leaf.

Chop onions and pickles fairly small, tie peppercorns, herbs and bay leaf in muslin, and boil all in the vinegar for 15 min. Then remove the muslin and its contents add the sauce, bring to the boil; add salt if needed.

Salad Dressing.

For any Cold Fish or Fish Salad.

1 hard-boiled egg.	1 dessertspn. sugar.
$\frac{1}{2}$ teaspn. each salt, dry mustard, Worcester sauce.	$\frac{1}{2}$ cup cold mashed potatoes.
	2 tablespn. cream. Water.

Rub the potatoes and yolk of egg through a sieve; stir in sugar, mustard, salt, and rub to a smooth paste with about a tablespn. of cold water. When quite smooth, add gradually 1 tablespn. vinegar and sauce. Finally, add cream, a very little at a time, stirring rapidly the whole time.

Sauces for Fish.

Serve Mustard Sauce with Rich Fish.

Shrimp Sauce.

For any Fish, except Herrings or Mackerel.

Make $\frac{1}{2}$ pt. white sauce (p. 21); when cooked, add $\frac{1}{8}$ cup shrimps, measured after shelling. These can be put in whole or chopped. Add 1 teaspn. of lemon juice, if liked. Heat through, but do not boil again.

Sauce Tartare.

For Rich Fish.

Make $\frac{1}{2}$ pt. white sauce with stock, not milk (p. 21). Let it cool a little, then stir in 1 tablespn. vinegar from a bottle of pickles, or plain vinegar; and 1 dessertspn. finely-chopped gherkins.

ANOTHER RICHER METHOD.—Take $\frac{1}{2}$ pt. mayonnaise sauce (p. 28), season highly; just before serving add 1 tablespn. chopped capers and 1 tablespn. chopped gherkins. Mix thoroughly.

Tomato Sauce.

For Baked Fish.

2 tablespn. dripping.	1 $\frac{1}{2}$ teaspn. salt.
2 tablespn. flour.	$\frac{1}{2}$ saltspn. pepper.
$\frac{1}{2}$ pt. strained tomato.	Cayenne.

Melt dripping in pan, stir in flour till smooth and brown, but do not burn. Rub ripe or tinned tomato through a sieve, add $\frac{1}{2}$ pt. of pulp to the saucepan, with salt, pepper, and a dash of cayenne. Boil 10 min., stirring continuously.

Walnut Sauce.

For Herrings, Mackerel, or Baked Fish.

Make $\frac{1}{2}$ pt. brown sauce (p. 22). Add 3 pickled walnuts chopped small and 1 dessertspn. walnut pickle vinegar.

FORCEMEATS AND STUFFING.

All measurements are level; one cup = one breakfast cup, unless otherwise stated.

Cold Fish Stuffing.

- | | |
|-------------------------------------|---|
| 1 cup minced fish. | $\frac{1}{2}$ cup breadcrumbs. |
| 1 dessertspn. butter or substitute. | $\frac{1}{2}$ teaspn. salt. |
| 1 egg. | Pepper, nutmeg, or 2 teaspn. chopped parsley. |

Use cold remains of cooked white fish, such as whiting, cod, or plaice. Remove all bone and the skin if tough; put through mincer. Then add breadcrumbs, butter (melted), salt, a dust each of pepper and nutmeg; or use parsley in place of nutmeg. Mix thoroughly, add beaten egg to bind it. If the fish was salted when cooked, only a little salt will be needed in the stuffing.

A Plain Herb Stuffing.

- | | |
|--------------------------------|------------------------------------|
| 1 cup breadcrumbs. | 1 teaspn. minced onion (if liked). |
| $\frac{1}{2}$ saltspn. pepper. | 1 dessertspn. minced parsley. |
| 1 $\frac{1}{2}$ saltspn. salt. | 1 tablespn. dripping, melted. |
| 1 teaspn. mixed herbs. | 1 beaten egg. |
| 1 small flake lemon peel. | |

Mix the ingredients in the order named, and bind with the beaten egg.

Lobster Force meat.

- | | |
|------------------------------------|--------------------|
| 1 small tin lobster. | 1 cup breadcrumbs. |
| 3 stalks boiled celery, or | 1 hard boiled egg. |
| 1 tablespn. chopped parsley. | 1 egg. |
| 1 tablespn. butter, or substitute. | 1 saltspn. salt. |
| | A dash of cayenne. |

Mince lobster and celery (or omit celery and use parsley), add chopped hard-boiled egg, breadcrumbs, salt, cayenne. Mix well. Stir in butter, melted; and lastly the raw egg well beaten.

Forcemeats and Stuffing.

Shrimp Force meat Improves any Fish.

Oyster Force meat.

Make like Shrimp Force meat below, but substitute 8 oysters for the shrimps.

Another method, when oysters are plentiful. Mix a cup of breadcrumbs with a saltspn. of salt and $\frac{1}{2}$ saltspn. of pepper and a tablespn. of butter, melted. Drain 2 doz. oysters, roll each in the buttered crumbs till thickly covered and pack them in the fish ; fill up with any of the crumbs that may be over.

Shrimp Force meat.

1 cup breadcrumbs.	1 cup shrimps.
1 teaspn. chopped parsley.	1 tablespn. butter.
$\frac{1}{2}$ saltspn. each salt, pepper.	1 egg.

Shell shrimps, chop coarsely ; mix them with breadcrumbs, seasoning and parsley ; add butter, melted, and lastly the egg beaten.

Tomato Force meat.

3 oz. breadcrumbs.	$\frac{1}{2}$ teaspn. mixed herbs.
1 oz. chopped suet.	1 teaspn. salt.
1 teaspn. minced parsley.	$\frac{1}{2}$ saltspn. pepper.
2 large tomatoes.	

Mix breadcrumbs, suet, salt, pepper and herbs. Then add pulp of the tomatoes. If not moist enough, add a little milk.

Veal Stuffing.

1 cup breadcrumbs.	1 saltspn. salt.
2 oz. beef suet.	$\frac{1}{3}$ saltspn. pepper.
2 oz. fat bacon.	1 teaspn. mixed herbs.
1 tablespn. minced parsley.	$\frac{1}{2}$ teaspn. onion juice. 1 egg.

Chop suet and bacon very fine. Mix well with breadcrumbs and seasonings, and bind with the beaten egg.

SAVOURY BALLS.

To be served in Fish Soup, Stew or Ragout; or with Boiled White Fish.

These make a novel, but delicious, accompaniment to fish, either in soup, stew, or ragout, or served with hot or cold white fish. They are economical, quickly prepared, easily digested, and exceedingly appetising. They will give an appearance—and a flavour—of super-quality to the plainest fish fare; and they are particularly useful, when fried, as an addition to the more insipid dishes, such as boiled cod, haddock, or whiting.

They can be boiled or fried; or fried and then dropped into the soup or stew. But whichever way they are served they will be found extremely popular and well worth the little extra trouble entailed in the making.

Savoury Bread Balls.

These are the foundation of most of the other balls, and many different flavourings can be added to them according to personal preferences. They are quite delicious in themselves, however, without any further flavouring or addition.

$\frac{1}{4}$ lb. stale breadcrumb.	$\frac{1}{2}$ teaspn. mixed herbs.
$\frac{1}{2}$ cup hot boiled potato.	1 saltspn. salt.
1 scant tablespn. butter.	$\frac{1}{2}$ saltspn. pepper.
2 tablespn. hot milk, or water.	Flour.
2 teaspn. chopped parsley.	Frying fat.

Soak bread a minute in hot milk, then mash well with hot potato, butter, herbs and seasoning till it forms a smooth paste. If too moist, add a little more potato or crumbs. If too dry, add a little milk or egg. These are much improved if a little beaten egg (about $\frac{1}{2}$ an egg) be added, but it is not essential. With floured hands shape the mixture into firm balls the size of a small walnut.

To FRY.—Drop into frying fat that is smoking hot—merely boiling hot is not enough; fry till well browned.

Savoury Balls.

Beef Dripping is better than Mutton for Frying.

These can be dropped—very hot—into the soup tureen just before sending to table. Or they can be placed round the dish of fish stew or used to garnish boiled fish.

It is essential that they be served as hot as possible when accompanying a hot dish ; but they are equally appetising cold if served with cold fish or fish salad.

To BOIL.—These are also delicious as small boiled dumplings. Flour extra well, drop into the boiling soup or stew 3 min. before taking up. Simmer very gently till hot through—about 3 min. The egg is a gain to boiled balls, as it helps to bind them.

The above quantities will make about 2 dozen small balls, and at least 3 could be served with each helping.

Bacon Balls.

Fry 2 rashers of bacon till nicely browned, but not hard. Chop small. Proceed as for Savoury Bread Balls (p. 34), using a tablespn. of the liquid bacon fat from the pan in place of butter. Add the chopped bacon to the mixture. Fry the balls in bacon fat.

Celery Balls.

Boil 1 stalk of celery (about 12 in.) in salted water till quite tender. Chop small. Proceed as for Savoury Bread Balls (p. 34), adding the chopped celery to the bread and potato mixture.

Cheese Balls.

1 oz. grated cheese.

Pepper. Salt.

1 white of egg.

Frying fat.

Dust the cheese with salt and pepper ; if liked, a little grated nutmeg is an improvement ; mix well. Beat the egg-white to a stiff froth, then mix with cheese.

Have fat smoking hot ; drop in mixture, a teaspoonful making 1 ball. Fry 1 min. only. These are never boiled, only fried. They are particularly nice with smoked haddock.

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Add Cold Savoury Balls to Fish Salad.

ANOTHER METHOD.—Proceed as for Savoury Bread Balls (p. 34), adding 1 tablespn. grated cheese to the mixture. These should be fried, not boiled.

Fish Soup Balls.

Proceed as for Savoury Bread Balls (p. 34), adding to the mixture 2 tablespn. of any cooked white fish, well minced.

While these are quite appetising, it will be found that it is better to have the balls with a flavour that is more of a contrast to the fish soup, or other fish dish, with which they are served.

Ham Balls.

Proceed as for Savoury Bread Balls (p. 34), adding 2 piling tablespn. minced cooked ham, and $\frac{1}{2}$ teaspn. onion juice to the mixture. If these are only boiled, simmer gently 7 min.

Lobster Balls.

Proceed as for Savoury Bread Balls (p. 34), adding 2 tablespn. minced lobster. Tinned lobster serves excellently. If these are only boiled, simmer 5 min.

Meat or Chicken Balls.

Any left-over scraps of cold meat or chicken can be minced and added to the mixture for Savoury Bread Balls (p. 34), 2 tablespn. being sufficient, with $\frac{1}{2}$ teaspn. onion juice. If these are only boiled, simmer 7 min.

Onion Balls.

$\frac{1}{2}$ lb. stale breadcrumb.	1 tablespn. minced cooked
$\frac{1}{2}$ cup hot boiled potato.	bacon, rather fat.
1 medium onion.	1 scant teaspn. sugar. Salt.
$\frac{1}{2}$ teaspn. powdered sage.	$\frac{1}{2}$ saltspn. pepper. Flour.

Boil onion in sufficient water to cover it, to which has been added 1 teaspn. each of sugar and salt. When soft,

Savoury Balls.

Rosemary as a Flavouring is worth Trying.

chop small. Soak bread a minute in 2 tablespn. of water in which onion boiled. Then mix all ingredients thoroughly, adding a little more salt if needed. (These balls are better if highly seasoned.) With floured hands make into balls and fry till brown in bacon or pork fat, if possible.

Rosemary Balls.

Proceed as for Savoury Bread Balls (p. 34), but substitute 1 scant teaspn. of very finely chopped rosemary leaves for the parsley. The flavour of rosemary combines well with pork. If 2 tablespn. of minced ham be added, these balls are most appetising when fried. Use bacon or pork fat for frying these, if possible.

Shrimp Balls.

Proceed as for Savoury Bread Balls (p. 34), adding $\frac{1}{2}$ cup shelled shrimps finely chopped.

Sponge Balls.

2 tablespn. flour.

1 egg.

1 dessertspn. butter.

1 teaspn. each salt, herbs.

Cream butter with well-beaten egg. Add salt and a dust of nutmeg, or $\frac{1}{2}$ teaspn. of mixed herbs. Mix well. Then sift in flour, a little at a time, beating well till the mixture is fairly stiff. With floured hands make into small balls and drop them into boiling soup. They will float on the surface when cooked, which will take about 3 min.

These are not suitable for frying, but are a gain to fish soup. They are also delicious when cold.

THE EMERGENCY SHELF

A SMALL stock of tinned and preserved fish should be kept in the store cupboard for emergencies. We all know the value of tinned **Sardines, Salmon, Lobster** and **Oysters**; to these can be added some of the following items.

Fish Flakes.—Sold in packets, they should be better known. They are the dried white meat of the fish, and can be used in most recipes calling for minced white fish. They are a boon to those living out of reach of fresh fish.

Anchovies in brine.—Keep a small bottle for sandwiches, and *hors d'œuvres*, etc.

The following are procurable in tins :

Clam Chowder will appeal to those who like shellfish.

Crab can be bought plain or curried. Get a reliable brand; inferior or badly packed crab is injurious.

Crayfish can be used in place of lobster.

Fresh Haddock in tins is worth noting.

Herrings, Bloaters, Pilchards enable fish salads and *hors d'œuvres* to be prepared at a moment's notice.

Herring Roes come in glasses and tins.

King Fish, or Tuna, is inexpensive but delicious; use as you would tinned salmon.

Lax—smoked salmon in oil—is expensive, but popular.

Lobster can be bought plain or curried.

Shrimps and **Prawns** should always be at hand as they are useful in so many ways. Curried shrimps and Curried prawns can also be obtained.

Snoek sometimes reaches us from S. Africa (also known as Barracouta in Australia). It makes variety to serve the less known fish.

Tunny Fish—Excellent for salad, *hors d'œuvres*, sandwiches; combines well with sliced onion and tomato.

GENERAL RECIPES.

Use level measurements and a breakfast cup unless otherwise directed.

Dried eggs can be used in place of fresh in many recipes ; dripping or margarine will often serve in place of butter ; and though one does not pretend that these substitutes are as good as the fresh eggs or the dairy butter, they will often answer the purpose when expense has to be considered ; and dried eggs have this advantage, they can be kept in the store cupboard for emergency use.

It is assumed, in each recipe, that the fish has been cleaned and washed preparatory to cooking.

Anchovies.

The real anchovy is a native of the Mediterranean ; but unfortunately much that is labelled anchovy is merely pickled sprat to which red colouring and a little anchovy flavouring have been added.

To tell the genuine anchovy from the fake, wash the fish thoroughly, so as to get rid of any artificial colouring ; the true anchovy will be highly flavoured, moist and oily, and the flesh a pink or salmon tint, according to age. When the fish is about three months old it is pale, by six months it is pink, when mature it is a deep pink. Its head is very sharply pointed, with a long upper jaw extending well over the lower. And there are distinctive characteristics in the fins. In the sprat, the dorsal fin consists of seventeen rays, and is immediately above the ventral fin ; whereas in the anchovy the dorsal fin consists of fourteen rays and is nearer the centre of the fish than the ventral fin. But since these details cannot easily be examined when the fish is sold in sealed bottles, the only safe course for the housewife is to purchase her anchovies from a reliable firm, and in this way avoid the risk of paying for venetian red and other undesirable colouring matter, even though sprats themselves are harmless.

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Mince left-over Cold Fish for Sandwiches.

Anchovies are chiefly used as appetisers and flavouring and for *hors d'œuvres*. Cut in thin strips, they can be added to various meat and fish dishes and to salads, to enhance the flavour of the dish, or to stimulate a jaded appetite.

Or they can be made into paste or sauce. For the average home kitchen, however, where only small quantities are used, it is more economical and more satisfactory to buy anchovy paste and sauce ready made, purchasing only good reliable brands.

All anchovies should be washed and have the skin scraped off before using.

Anchovy Canapes.

I. With Hard-Boiled Eggs.

For each person allow—

1 round of bread.

$\frac{1}{2}$ hard-boiled egg.

Anchovy paste.

Butter or margarine.

Salt and pepper.

Cut rounds of bread $\frac{1}{4}$ in. thick, fry in margarine or butter, or use buttered toast.

Spread with anchovy paste, heap with finely chopped hard-boiled egg, dust with salt and pepper.

Serve hot or cold.

**Allow 7 minutes
to the lb. for boiling
fish when in thin
fillets, or slightly
more if the fish is
thick.**

II. With Tomato.

Proceed as above, using a slice of ripe tomato in place of egg. Or lay a slice of tomato on the fried bread, with two anchovy fillets on top and a touch of mayonnaise.

III. Other Combinations.

Either chopped pickles, chopped gherkins, or grated cheese combine well with anchovy fillets laid over them, or anchovy paste spread beneath.

Anchovies and Bloaters.

Sauce makes Fish go Much Farther.

Anchovy Eggs.

To each person allow—

1 hard-boiled egg.

1 anchovy. 1 olive.

1 slice buttered brown bread.

Butter or anchovy oil.

Parsley. Salt.

Cut eggs in half crossways and remove yolk. In the centre of each white put the rolled anchovy and a stoned olive. Press well down and cover with the other half white to look like an uncut egg. Have ready a slice of buttered brown bread sufficient to hold the egg. Rub the yolks of eggs smooth in a basin with a little melted butter or anchovy oil and a pinch of salt. Force this through a gravy strainer with a wooden spoon. Cover the bread with this, and lay the egg as in a nest. Garnish with a sprig of parsley to cover join in egg.

If you intend to use the liquor in which fish is boiled for the sauce, or for fish stew, or stock, put the fish into cold water. But if you are throwing away the liquor, put the fish into new boiling water.

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Garnishing with Anchovies.

Wash, bone and skin the fish. Cut into very narrow strips or fillets, curl each fillet round an olive, or a small slice of tomato, or a small spoonful of stiff mayonnaise, placed upon the meat or fish as required. They go best with steak, cold beef, game, cold chicken, and fish that has no very distinctive flavour of its own.

Bloaters.

These are usually broiled or grilled. Remove the head, and cook on a well-greased gridiron over a clear fire for about

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Bouillabaisse is indigenous to Southern France.

5 or 7 min., till well browned on one side ; then turn and cook another 5 min. on the other side, or till well done. Sometimes they are split and the backbone removed, then grilled. Being thinner, this method takes less time than when the fish are cooked whole.

Bloaters in Spanish Fashion.

4 bloaters or red herrings.	2 tablespn. each salad oil and
2 onions.	vinegar.
2 green peppers.	Pepper.

Grill the fish and allow it to get quite cold. Then split each down the back, add a dash of pepper, and smother well with very finely-chopped onion and green pepper (if the latter is obtainable) ; pour a little salad oil and vinegar on each. Leave the fish in this salad mixture 15 min. before serving.

Bouillabaisse.

A FRENCH RECIPE.

A fish soup or stew that it very popular in France, especially in the south. It is particularly useful as a method of using up small pieces of fish of any kind, and whatever vegetable may be handiest. It is always made with several kinds of fish, and the more variety the better. Very often one can buy a few pounds of mixed fish or fish fillets when the market is plentiful ; these will come cheaper than buying a whole plaice or cod, and are just what is needed for *bouillabaisse*. Though a soup, fish knives and forks are used for this dish.

A very simple *bouillabaisse*, sufficient for 3 or 4 people, could be made as follows : —

½ lb. each plaice, cod, and	3 sprigs parsley.
whiting.	A bouquet of herbs.
2 medium onions.	½ cup olive oil.
4 cloves. 1 small bay leaf.	1 dessertspn. salt. Water.
2 turnips. 2 tomatoes.	1 teaspn. saffron. Toast.

Bream, and Bouillon for White Fish.

Leave Scales on Bream for Cooking.

Cut fish into 3-in. pieces, put into a saucepan with tomatoes and turnips, cut in slices, the onions stuck with cloves, the herbs, salt and olive oil ; add sufficient water to cover. Bring gradually to the boil and simmer gently for $\frac{1}{2}$ hour. Add saffron before serving. Have ready 3 or 4 rounds of toast. These may be placed in the tureen, and the *bouillabaisse* poured over them. Or, better still, a piece of toast is placed in the bottom of each soup plate, and the *bouillabaisse* put over it. Some of the vegetables and fish should be served with each helping.

This is greatly improved if made with fish stock instead of water. If the bones and heads of the fish are available, simmer these in water for 20 min. before making the *bouillabaisse*, then strain, and your stock is ready. Also, 2 tablespn. of butter can be used in place of the oil.

Any other fish can be used, and as many varieties as are liked. Cockles and mussels are added in some of the recipes ; shrimps, crayfish, oysters figure in others. One famous recipe includes 40 different kinds of fish ; but 3 will be found sufficient in most cases to produce a very appetising, nourishing dish. If possible, use an equal weight of each kind of fish.

Bouillon for Turbot or other White Fish.

THE FRENCH METHOD.

Take as much water as will well cover the fish, probably about 2 qt., add a good tablespoonful of salt, a *bouquet garni*, that is, 2 sprigs of parsley, with 2 smaller ones of thyme and majoram and a bay leaf tied together, 4 tablespn. of white wine vinegar, a sliced onion, a bit of carrot, 12 peppercorns and 6 cloves. Boil these together for $\frac{1}{2}$ hour. Then add the fish, and cook.

This *bouillon* can be used for any white fish, using half the quantities for smaller fish.

Remove the Skin of Bream when Carving.

Bream.

This fish is seldom boiled, being more suited to baking or broiling. It must be thoroughly cleaned inside, but the scales are left on, as a protection to the fish while it is baking. When it is served, however, the carver removes the skin, and only helps the inside fish.

1 sea bream.

Dripping.

Veal or ham stuffing.

Salt.

Stuff the fish with veal or ham stuffing (p. 33), sew up the opening securely. Dust over with salt. Rub dripping all over outside of fish. Put in a well-greased tin and bake for about an hour, basting continually. Serve with shrimp or anchovy sauce.

Brill.

Brill is a very useful white fish. Its distinctive flavour, which is much liked by most people, gives it an advantage over the more insipid whiting, haddock, and cod. It is exceedingly nourishing, easily digested, a moderate price, and fairly plentiful. It can be cooked whole or filleted. It is equally appetising boiled, baked, fried, stuffed or made up with savoury accessories.

The underside of a brill should be of a yellowish-white tint ; if it is bluish or grey, it is not good.

The brill has been called " the turbot's understudy," and it can be cooked by the recipes for turbot ; only, being a smaller fish, it will take less time in cooking. Moreover, the fins should be removed when the fish is cleaned.

The recipes for cooking plaice and for cooking sole serve equally well for brill.

The liquor in which brill is boiled should never be thrown away, as it contains an exceptional amount of nutriment. It can be used as the basis of any sauce served with the fish, or made next day into Brill Soup, according to the directions given for Turbot Soup.

Boiled Carp. Casserole Carp.

Fish Should Never Boil Rapidly.

Carp.

A fresh-water fish that is occasionally presented by an ultra-enthusiastic angler to a non-enthusiastic housewife. Like all fresh-water fish, it needs many etceteras to make it palatable ; and, according to British taste, fresh-water fish is seldom worth the trouble it entails in cooking. But since one is sometimes called upon to cook carp and appear grateful to the donor, it is necessary to know how to clean the fish, as well as how to cook it.

To clean : Remove the inside organs ; put the roe on one side if it is to be cooked separately. Scale the fish, wash very thoroughly, and let it lie an hour or more in well-salted water before cooking. Dry before baking or frying.

Plain Boiled Carp.

Cover it with cold water or, better still, with fish stock. Salt to taste. Simmer gently about 30 min. The roe is fried separately and laid on the fish when it is dished.

Serve with shrimp or parsley sauce.

On the Continent beer is often used instead of water or fish stock, when boiling or stewing carp.

Casserole Carp.

1 large carp.	1 bay leaf.
Shrimp forcemeat.	1 teaspn. each
4 anchovies.	mixed herbs,
1 carrot, 1 onion.	butter, salt.
1 cup breadcrumbs.	1 pickled walnut.
1 pt. fish stock.	1 tablespn. flour.
1 teaspn. sugar.	Dripping.

Sprinkle a little salt inside carp, fill with shrimp forcemeat (p. 33) or veal forcemeat (p. 33), sew it up to keep the stuffing in. Rub a little dripping over fish and smother

**Simmer fish fillets
10 to 15 minutes,
very gently, to
avoid breaking.**

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Fat for Frying should be Smoking Hot.

with breadcrumbs. Put in a casserole with fish stock, or gravy made with meat extract, or milk and water. Add carrot and onion sliced, herbs tied up in muslin, anchovies and seasoning. Cover and bake an hour. Remove fish and keep hot. Strain liquor and return to a saucepan, thicken with butter rolled in flour, add pickled walnut mashed as smooth as possible. Bring to boil. Serve in tureen. On the Continent a piling teaspn. of brown sugar is often added to the liquor.

Stewed Carp.

1 carp.	1 teaspn. each salt, mixed
1 pt. beef stock.	herbs, butter.
1 medium onion.	2 anchovies.
1 tablespn. each flour, drip-	$\frac{1}{2}$ saltspn. pepper.
ping, Worcester Sauce.	1 bay leaf.

Slice onion, fry it light brown in dripping in frying pan. Cover fish in kettle with good beef stock or brown gravy. Add fried onion, bay leaf, salt, pepper, and the mixed herbs tied up in muslin, so that they can be easily removed. Simmer gently 30 min. or till done. When nearly cooked, add anchovies finely chopped and Worcester sauce (or mushroom ketchup). Fry the roe in onion dripping. Take up fish and keep hot. Remove bay leaf and herbs. Thicken liquor with the flour, add butter and more salt, if needed. Some people like a teaspn. of made mustard added. Boil 2 min. Pour over fish; put fried roe on top and toast sippets around.

To Choose Cod.

The best fish are very thick at the neck, with the flesh firm and white. The gills should be red. A flabby fish is stale. Cod needs to be very fresh or it is tasteless. It is at its best from October to April.

Boiled and Baked Fresh Cod.

Bisque is Soup made from Shellfish.

Boiled Fresh Cod.

Cod being an insipid fish needs an extra allowance of salt to heighten its flavour. Also it requires a rich, well-flavoured sauce as an accompaniment.

Unless a large number of people are to be served, a whole cod is too much for an average meal. It can be bought in portions. Either the head and shoulders, the tail end, cutlets from the centre, the sound, or the roe, will make an excellent boiled dish. Allow $\frac{1}{2}$ lb. to each person.

When boiling any portion of the cod (excepting sound and roe, which will be treated in separate recipes) sprinkle salt all over the fish, both inside and out, 2 or 3 hours before cooking; this will improve the flavour. Or if a thin piece, it can be laid in milk that is heavily salted.

To cook, cover with cold water, add 1 oz. salt for each quart of water. Bring to the boil, then simmer gently, skimming when needed, till the flesh comes away from the bone, which will take from 20 to 30 min., according to thickness of fish. The safe rule is to allow 20 min. to the first lb. and 12 min. for subsequent lbs.

Serve with a good sauce, such as lobster or shrimp sauce.

If there is any liver, a small portion should be given with each helping, as it is considered a delicacy. But this is often removed before the cod reaches the customer.

Baked Cod.

A SIMPLE METHOD.

- | | |
|-----------------------------------|-------------------------------|
| 1 thin slice cod for each person. | Breadcrumbs. A little butter. |
| 1 small onion to each slice. | 2 tablespn. dripping. |
| | Salt. Pepper. |

Remove the bone from the centre of each slice of fish and insert a small peeled onion. Spread with butter, and cover thickly with breadcrumbs. Sprinkle with salt and pepper. Set in a shallow baking-dish with melted dripping in the

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Try Cheese Sauce with Fried Cod.

bottom. Bake for $\frac{1}{2}$ hour in a good oven, basting occasionally. Do not let the fish brown too quickly, otherwise it will become hard. It is advisable to cover for about 10 min., when you first put it into the oven, with a piece of greased paper. This keeps down the steam and helps to cook the fish more readily, without browning. Serve with parsley or shrimp sauce.

Baked Stuffed Cod.

1 small fresh cod.	6 slices bacon (fat).
Force meat. Salt.	Flour. Dripping.

Open and clean fish, sprinkle a little salt inside. Fill with either shrimp, lobster, or oyster force meat (p. 33). Sew up securely. Make 2 or 3 gashes across the thick part of the back and insert a piece of fat bacon in each. Rub bacon fat or dripping over the fish, dredge with flour. Put in a well-greased baking tin, with 2 slices of fat bacon beneath it. Bake 40 to 60 min., according to size, or till the meat comes from the bone. Baste continually.

Cod Fish Balls.

3 cups cold boiled fish.	$\frac{1}{2}$ saltspn. grated nutmeg (if
3 cups mashed potatoes.	liked). 1 beaten egg.
$\frac{1}{2}$ saltspn. pepper.	1 teaspn. salt. Frying fat.

Mince the fish and mix with other ingredients very thoroughly. Have plenty of fat in a deep pan, smoking hot ; drop in the mixture in rounded spoonfuls, and fry 2 min.

Cod Croquettes.

$\frac{1}{2}$ lb. cold boiled cod.	1 teaspn. anchovy sauce.
5 tablespn. bread crumbs.	$\frac{1}{2}$ teaspn. salt. $\frac{1}{2}$ teaspn. pepper.
1 $\frac{1}{2}$ oz. margarine.	$\frac{1}{2}$ saltspn. each of grated nut-
2 eggs. $\frac{1}{2}$ lemon. Frying fat.	meg and powdered mace.

Shred fish with 2 forks, removing skin and bones. Mix it in a bowl with the breadcrumbs. Melt margarine and pour

Curried Cod. Cod Fish Custard.

Serve Parsnips with Salt Cod.

over mixture ; add salt, pepper, nutmeg, mace, beat well, squeeze lemon juice over it. Then add anchovy sauce and eggs. Mix thoroughly, shape into croquettes about 3 in. long. Drop one by one into boiling fat in a frying pan ; fry 2 min., drain, serve hot on mashed potatoes.

Fresh haddock, sole, plaice, whiting, halibut, hake, turbot, brill, flounders, can be recooked by this method.

Curried Cod.

2 lb. cod.	1 tablespn. flour.
1 pt. fish stock or 1 pt. milk and water.	1 sour apple.
1½ oz. margarine.	1 dessertspn. each chutney, curry powder, lemon juice.
1 tablespn. chopped onions.	2 bay leaves. Salt and pepper.

Dry cod after washing, cut into small pieces. Fry in a saucepan the chopped onion and chopped apple and bay leaves in margarine 5 min. Add fish and fry another 5 min., stirring well to prevent burning. Then take out fish and keep hot. Mix curry powder with stock, add to the contents of saucepan. Simmer 15 min. Strain. Put fish and liquor in saucepan. Cover and simmer 20 min. Add lemon juice and chutney. Serve very hot.

Any scraps of cold left-over fish may be treated as above. And with the addition of a little rice a very small amount can be made to go a long way, especially if the curry be made thick, and served in heaped tablespoonfuls on separate pieces of toast.

Codfish Custard.

1 lb. cod.	1 oz. butter or substitute.
1 tablespn. flour. 2 eggs.	¾ pt. milk. Pepper. Salt.

Cook the cod in boiling salted water. Then remove skin and bones while hot, and flake fish. Put flakes into deep frying pan with milk, simmer till thoroughly hot. Add the butter, salt and pepper to taste and thicken with the flour. When these are cooked—in about 3 to 5 min.—add the eggs

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Brill is a very Nutritive White Fish.

well beaten, stir quickly, cook 1 min. to set the eggs; remove at once from the stove, otherwise the eggs will form an omelet. This should be of the consistency of rather thick custard. A few shelled shrimps may be added for decoration.

Whiting, hake, turbot, halibut and flounders can be cooked in this way.

Browned Cod Roe.

1 lb. cod roe. Flour. 2 tablespn. frying fat. Salt.

Have fat smoking hot. Cut roe into convenient portions, dry, flour, put into pan, cover, and cook gently for 12 min. Turn in pan, re-cover, and cook for 6 min. Remove cover, and fry till well browned on both sides. If pan gets too dry, add a little more fat. Serve with shrimp sauce (p. 3).

Cod's Roe Savoury.

6 oz. cod's roe.	1 dessertspn. parsley.
2 oz. cod's liver.	Pepper. Salt.
1 level tablespn. butter.	1 teaspn. anchovy essence.
2 slices onion.	$\frac{1}{2}$ teaspn. mixed mustard.

Boil the roe and the liver in salted water 10 min. Meanwhile melt butter in another saucepan, chop onion as fine as possible, and fry till a pale brown, but see that it does not burn. Take up the boiled roe and liver, chop very fine, add to the fried onion and butter. Fry for 3 min., stirring all the time. Add parsley, anchovy essence, mustard, a dust of pepper, and salt to taste. Stir well and cook another min. Then heap suitable portions on rounds or fingers of toast, buttered or plain.

Stuffed Cod Steaks and Bacon.

$\frac{1}{2}$ lb. cod.	3 slices fat bacon.	1 dessertspn. minced parsley.
$\frac{1}{2}$ cup breadcrumbs.		$\frac{1}{2}$ teaspn. mixed herbs.
2 tablespn. bacon fat or	$\frac{1}{2}$ teaspn. salt, pepper.	
dripping.	1 dried egg.	1 onion sliced.

Have the cod cut in two slices. Put 1 slice in a well-

Rich Cod Steak. Cod Sounds.

Dry Fish in a Cloth before Frying.

greased baking-dish ; cover with a forcemeat made by mixing the breadcrumbs, chopped onion, fat, salt, and herbs, and beaten egg. Put the second slice on top. Lay bacon slices over. Bake 25 to 30 min. in a moderate oven. Serve with parsley or anchovy sauce (pp. 30, 23).

Rich Cod Steak.

1 cod steak.	$\frac{1}{2}$ cup breadcrumbs.
2 dessertspn. salad oil.	Salt, pepper.
2 teaspn. lemon juice.	Frying fat.

Get a steak about $1\frac{1}{2}$ in. thick from middle of fair-sized cod. Skin, remove bone, put it on a plate, dust one side with salt and pepper ; pour over it 1 teaspn. lemon juice and 1 dessertspn. oil. Leave $\frac{1}{2}$ hour ; then turn and repeat dressing on the other side ; leave $\frac{1}{4}$ hour. When about to cook it, drain 2 min. Smother with crumbs, fry in hot fat till browned, about 12 min. Serve with a good sauce.

Boiled Cod Sounds.

Scald with hot water or soak in warm water half an hour and rub well with salt in order to remove dark skin. If salted when bought, soak for $\frac{1}{2}$ hour. To cook, cover with milk and water ($\frac{1}{3}$ milk, $\frac{2}{3}$ water) and simmer till tender—about $\frac{1}{2}$ hour. Serve with egg sauce or parsley sauce made with the liquor in which they were boiled.

Another method is to add to the water in which they are boiled an onion stuck with 4 cloves, and a bay leaf. This gives them a little more flavour.

Fried Cod Sounds.

$1\frac{1}{2}$ lb. cod sounds.	1 dessertspn. butter.
$\frac{1}{2}$ pt. milk. $\frac{3}{4}$ pt. water.	1 saltspn. each salt and
$\frac{1}{2}$ pt. brown gravy or stock.	mustard.
1 tablespn. flour.	$\frac{1}{2}$ saltspn. pepper. Frying fat.

Prepare and boil as above. When tender cut into convenient portions ; flour and fry till light brown.

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Soak Cod Sounds before Cooking.

Serve with a sauce made of the brown gravy, salt, pepper, mustard, butter, thickened with the flour ; boil 2 min.

Stuffed Cod Sounds.

2 lb. cod sounds.	Shrimp or oyster forcemeat.
3 or 4 slices fat bacon.	Shrimp or oyster sauce.
$\frac{1}{2}$ pt. milk. $\frac{1}{2}$ pt. water.	Flour.

Prepare and boil till tender. When cold cut into convenient lengths for rolling up. Make shrimp or oyster forcemeat (p. 33), spread it over the sounds, roll up each, put a small strip of bacon fat outside each, tie up with stout cotton. Dredge with flour. Put side by side in well-greased tin, bake 30 min., basting occasionally. Serve with shrimp or oyster sauce (pp. 30, 31).

To Cook Salt Codfish.

This is a favourite Ash Wednesday and Good Friday dish ; it is extremely good if well soaked to get out some of the brackish flavour. The fishmonger may tell you it has been soaked ; that may be, but do not trust him too far. Soak it again in cold water for at least 24 hours. When ready, remove from the water, wipe it dry, place on the drainer of a fish-kettle, and lower into warm water sufficient to cover. Bring to boiling point, then stand the kettle in a cooler place and simmer for at least an hour. The precise time cannot be given, as a thick piece takes longer than a thin piece of the same weight. Dish like other boiled fish, and serve with mashed or fried parsnips and egg sauce.

Salt Fish Balls.

$\frac{1}{2}$ lb. cold cooked salt cod.	1 oz. butter. Pepper, flour.
1 lb. cold mashed potatoes.	1 egg. Frying fat.

Flake fish, removing bones and skin. Mix with mashed potatoes. Add a dust of pepper, the butter melted, and egg, well beaten. The egg may not all be required, so should be put in carefully, as the paste must be dry enough

Various Methods for Cooking Conger Eel.

Soak Salt Cod 24 to 48 Hours before Boiling.

not to stick to the hands. Mould the mixture into round balls the size of a chestnut, flour slightly, and fry brown in deep fat. Serve on a dish-paper, garnished with parsley.

Conger Eel.

This fish requires long and careful cooking, as the flesh is hard. It can be cooked according to the recipes for fresh-water eel, but must be given longer time in the cooking. It is excellent as a foundation for fish soup; also it can be baked, boiled, fried, or jugged. The fins are removed before cooking.

TO BAKE.—Cook according to the recipe for Baked Bream (p. 44). It may require $2\frac{1}{2}$ hours to bake a large fish. Baste continually. Serve in its own gravy.

ANOTHER METHOD.—Rub a little butter or dripping over fish; put in a deep baking-dish. Dust over with pepper and salt. Add enough milk nearly to cover fish. Bake 2 hours, basting frequently. For $1\frac{1}{2}$ hours keep the dish covered on top.

TO BOIL.—Put into cold salted water that just covers it. Bring to the boil; then simmer for an hour or more, till the flesh parts from the bone. Serve with anchovy sauce.

TO FRY.—Cut into slices about $\frac{1}{2}$ in. thick. Sprinkle a very little salt on each; dip in flour, and fry in hot fat about 20 or 25 min., till brown.

Jugged Conger Eel.

$1\frac{1}{2}$ lbs. conger eel.	1 tablespn. flour.
6 small forcemeat balls.	$\frac{1}{2}$ pt. fish stock or milk.
1 onion stuck with 4 cloves.	1 flake lemon peel.
2 bay leaves.	1 dessertspn. butter.
4 in. celery stalk.	1 teaspn. salt. Pepper.

Cut fish into small pieces. Roll each in the flour to which the salt and pepper have been added. Put in jar with butter, stock or milk, and cook in oven $\frac{1}{2}$ hour. Add force-

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Conger Eel Takes at Least 1½ Hours to Cook.

meat balls (or midget sausages), bay leaves, chopped celery, lemon peel, and cook another hour, or more, until the fish is tender. Keep closely covered the whole time.

Conger Soup.

A CHINESE RECIPE.

2 lb. conger eel.	The petals of 8 marigolds.
1 large cabbage. 1 leek.	3 oz. margarine. 1 qt. milk.
1 pt. shelled green peas.	1 tablespn. flour.
6 asparagus heads.	1 dessertspn. salt.
2 teaspn. chopped parsley.	Pepper. Water.

The head portion of the conger eel has the sweetest flavour, but any portion can be used. Cut into several pieces, or cook whole. Put fish into saucepan, cover with cold water, bring to the boil, then simmer 1½ hours, add salt when it has simmered an hour.

Meanwhile prepare cabbage, leek, and asparagus if obtainable, by washing well and cutting up into pieces. When fish is done, remove from the liquor and put on one side to keep hot. Add the vegetables and peas to the liquor, bring to the boil, and cook for about ½ hour, or until all are tender. When cooked add margarine or butter, parsley, marigold petals, and the milk; bring to the boil. Then thicken by adding the flour mixed smooth with little milk or water, boil for 4 min., stirring constantly. Add more salt if needed, also a dust of pepper. Serve hot.

If liked the soup can be served without the fish, in which case the fish is not kept hot, but is put aside to cool, and used next day chopped up with breadcrumbs, seasoning, and an egg, and made into fish cakes which are fried.

Soused Conger Eel.

Cold cooked conger eel can be soured in vinegar prepared according to the directions given for soured mackerel (p. 84).

Crabs Plain Boiled and Dressed.

Crabs are seasonable August to April.

To Choose Crab.

A medium-sized crab is the sweetest and best for eating. It should be heavy in weight, as, if lightweight, it is watery. The joints should be stiff and the eyes fresh-looking ; if the eyes look *déad* and flabby, the crab is stale. Crabs are at their best from August round to April ; but are not so good during the early summer.

One portion of the crab, near the head, is unwholesome ; it looks like a bundle of filaments or claws, and it can be pulled out *en bloc*. The fishmonger will remove this, however, if asked to do so.

Tinned crab is excellent for minced and scalloped dishes.

Plain Boiled Crab.

Crabs are usually already boiled when purchased from the fishmonger ; but if they are alive when they come into the cook's hands, they should be plunged head first into fast-boiling water, which causes instantaneous death, and cooked for 15 min., or 20 min. if a large crab. Remove the various substances that are encrusted on the shell as soon as they are taken from the water. Rinse in hot water and send to table in the shell.

To Dress Crab Hot.

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| 1 medium-sized crab. | 2 handfuls breadcrumbs. |
| 2 tablespn. thin cream or
salad oil. | 1 saltspn. grated lemon rind.
Salt, pepper, cayenne to taste. |
| 2 tablespn. lemon juice, or vinegar. | |

Take all the meat from the body and legs, pound in a mortar or mince it fine. Add breadcrumbs, cream or salad oil, lemon juice, salt, pepper and cayenne, and grated lemon rind, and mix thoroughly. Clean the shell inside and out, butter the inside well ; fill with the mixture, cover with breadcrumbs, brown before fire for 20 min. or bake in a moderate oven for 15 min.

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Heavy Crabs are the Best.

To Dress Crab Cold.

Proceed as in the previous recipe, but omit breadcrumbs, and serve cold without browning it. It can be garnished with slices of lemon, slices of hard-boiled egg, slices of pickled gherkins, parsley, or with "golden dew," made by rubbing the yolk of a hard-boiled egg through a sieve.

Devilled Crab.

Proceed as for hot dressed crabs, but add 2 teaspn. made mustard to the other ingredients. Mayonnaise sauce is sometimes served with this.

Potted Crab.

To each crab allow :

2 oz. butter.

1 teaspn. salt.

$\frac{1}{2}$ saltspn. pepper.

A pinch of ground nutmeg, or
a dash of cayenne.

Yolk of 1 egg.

White fish, such as halibut, sole, flounder, cod, and haddock, are more easily digested than the darker fish, such as salmon and mackerel, because in the case of the white fish, the oil is concentrated in the liver, instead of being distributed throughout the body as in the case of the oily darker fish.

Take meat from the shell, mince very fine, mix in seasoning. Melt butter in a saucepan, add the mixture; cook slowly for 15 min., stir constantly; add beaten egg yolk, stir over very low heat till thick. Put into hot, dry pots. When absolutely cold, cover with clarified butter or dripping.

A SIMPLER METHOD.—Pound the crab-meat and the seasoning, with the butter, in a mortar till it is a paste. Pot at once in perfectly dry, cold pots. Cover with clarified fat. As the crab is cooked before it is taken from the

Various Methods for Cooking Crab.

Tinned Crab Makes a Good Savoury.

shell, this will keep well if the air is excluded and the pots are dry and sterilised before the paste is put into them. The first recipe makes a richer fish paste, and will keep excellently if well sealed.

Scrambled Crab,

To each person allow :

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| 1 egg. | $\frac{1}{2}$ saltspn. salt. | A dash of pepper. |
| 1 level dessertspn. butter. | | 1 teaspn. milk. |
| | 1 dessertspn. shredded crabmeat. | |

Beat the eggs thoroughly ; add crab-meat well minced, milk, salt and pepper, and mix quickly. Melt butter in frying pan ; when quite hot, stir in the mixture, and keep stirring till it thickens to a cream. Serve on buttered toast.

Tinned crab serves well for this dish.

Scalloped Crabs.

Proceed as for Cold-Dressed Crabs, putting spoonfuls of the mixture on buttered scallop shells instead of into the big crab shell. Cover with biscuit crumbs, put a tiny piece of butter on each, and bake till brown.

Tinned Crab and Mushroom Savoury.

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|-------------------------------------|--------------------------------------|
| 1 cup minced crab. | 1 tablespn. butter. |
| 1 cup milk. | 1 tablespn. cream. |
| $\frac{1}{2}$ cup tinned mushrooms. | 1 small flake onion. |
| 1 tablespn. flour. | $\frac{1}{2}$ teaspn. salt. Cayenne. |

Blend flour and milk, add butter and onion, and stir in saucepan till it thickens. Add crab, chopped mushrooms, with salt to taste, and a dash of cayenne. Heat and simmer 3 min., adding a little more milk if too thick. Take out onion flake, add cream if obtainable, and heat through. Serve on buttered toast.

Curried Fish.

See Curried Cod (p. 49) ; Curried Fresh Haddock (p. 65) ; Curried Halibut (p. 73).

Eels must be very Fresh when Cooked.

Dabs.

Cook by any of the recipes for Sole.

Eels.

Eels are valued for their delicate flavour and for their nutritive qualities. They are frequently given to invalids. English eels may be obtained from September to May, when Dutch eels take their place. They cannot be too fresh, so are frequently bought alive. The silver, sharp-pointed nosed ones are considered the best.

Eels may be boiled, but they are more frequently fried or stewed. In either case they are cut in pieces, about 3 in. in length.

To Boil Eels.

1 large eel. 1 bouquet herbs. 1 onion. Salt to taste.

When skinned and cut up, put pieces into a saucepan. with onion, herbs, and sufficient salted water or fish stock to cover. Simmer gently till tender, about 30 min. Serve with parsley sauce.

To Fry Eels.

1 large eel. Frying fat. 1 tablespn. chopped parsley.
1 tablespn. flour. 1 saltspn. salt. A dash of pepper,

Wash the eel, cut into pieces, dry in a cloth. Mix flour, salt, pepper, and parsley. Dip the pieces into this mixture (or they may be covered with beaten egg and then dipped in breadcrumbs). Have plenty of fat, smoking hot, fry till brown, about 25 min. Serve with fried parsley, or horse-radish sauce, or caper sauce.

Eel Pie.

1 large eel. 1 large potato. Paste for short crust.
 $\frac{1}{2}$ pt. gravy or beef stock. Salt. Pepper.
1 dessertspn. Yorkshire relish. 1 bay leaf.

Eel Pie. Stewed Eels.

Bake Eel Pie an Hour.

Skin fish and cut into small pieces, put a layer in pie-dish, add bay leaf, a little salt and pepper, cover with the potato in thin slices ; add a little more salt, more fish and more seasoning. Finally, add $\frac{1}{4}$ pt. stock mixed with the Yorkshire relish. Cover with short pie-crust paste and bake an hour. Have the remaining stock hot, and when ready to send to table add the stock by pouring it through a funnel into the hole in centre of pie.

Fish stock with a teaspn. of meat extract can be used in place of gravy.

Paste for Short Pie-Crust.

$\frac{1}{2}$ lb. flour. 2 oz. dripping. 1 heaped teaspn.*baking
2 oz. lard. 1 saltspn. salt. powder. Water.

Mix flour, baking-powder and salt ; then rub in the fat. Add water gradually, kneading well till the whole is a stiff paste that comes clean from the bowl. If it is so sticky that some remains on the inside of bowl, it is too wet, and needs a very little more flour.

Strew flour over paste-board and roll out paste till thin, though it must be sufficiently thick to lift without breaking. Line pie-dish 2 in. deep with strips of paste, fill with the fish as directed above, and cover with paste.

In pre-war days puff paste or half-puff was used for eel pies ; but this is wasteful, as the fish is quite rich enough in itself without the addition of a rich crust.

All lard can be used, or all dripping. Or 2 oz. butter with 2 oz. lard make an ideal combination.

Stewed Eels.

1 large eel. $\frac{1}{2}$ oz. flour. $\frac{1}{2}$ teaspn. lemon juice.
1 oz. margarine. Salt, pepper.
1 teaspn. chopped parsley. $\frac{1}{2}$ pt. milk or fish stock.

Prepare eel as for frying, melt margarine in a pan, fry the eel in this without colouring, then remove from pan.

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Fried Flounders and Bacon combine well.

If stuffing containing herbs disagrees with any one, omit the thyme and lemon peel, since both possess a strong oil, difficult to digest.

Stir flour to the margarine, then add milk or stock. When this boils, return the fish to the pan and simmer till tender—about 30 min. Lastly, add chopped parsley, lemon juice, and seasoning to taste. Dish with the pieces of fish in the middle and the sauce poured round.

Eels are sometimes stewed in brown gravy and an onion ; in this case they may be fried to colour a little in the margarine before adding the stock. Dish in the same manner.

Flounders.

A flat fish that is plentiful and seldom high priced. It is quickly cooked, and easily digested. Sprinkle with salt, inside and out, an hour or two before cooking. Being insipid fish, this brings out the flavour ; also it helps to give them firmness. Rinse off the salt before cooking. Handle with care while cooking, as this fish breaks easily.

A sauce with a very decided flavour, such as anchovy, or shrimp, should be served with this fish when possible, as it needs something of this kind to give it character.

Allow one fish to each person, unless very large.

In addition to the following methods of cooking this fish, the recipes for cooking plaice and halibut will be satisfactory if employed for cooking flounders.

Boiled Flounders.

Cover with cold salted water, bring to the boil. Simmer gently 7 min. Serve with a good sauce.

Flounders, Broiled, Fried, and Stewed.

Flounders break easily in cooking.

Broiled Flounders.

Large fish can be rubbed over with butter, and placed on a gridiron over a clear fire, or under the grill of a gas cooker. When nicely browned, they are done.

Flounders Cream.

$\frac{1}{2}$ lb. uncooked fish, free from bone.	1 egg.	1 tablespn. cream.
1 oz. butter, or substitute.	Pepper.	Nutmeg.
3 tablespn. milk.	1 teaspn. salt.	
	$1\frac{1}{2}$ oz. breadcrumbs.	

Soak crumbs in milk. Chop or mince fish as fine as possible. Melt butter in saucepan, add milk and breadcrumbs, salt, a dust each of pepper and nutmeg, stir till it thickens; pour over fish in a basin, stir well. Add egg, yolk and white beaten separately; add whisked cream, stir. Pour into greased basin 3 parts full; cover with greased paper, steam 25 min. Serve with lemon sauce, or parsley sauce, or shrimp sauce.

Fried Flounders and Bacon.

Fillet and dry the fish after cleaning; dip each fillet in flour, or in beaten egg and breadcrumbs, or in batter, and fry till brown—about 10 min. Care must be taken not to break them when turning.

Fried bacon combines well with fried flounders; and both can be cooked in the same pan, if extra bacon fat be added to fry the fish.

Stewed Flounders.—No. 1.

3 flounders.	2 anchovies.	1 pt. water.	1 bay leaf.
2 tablespn. dripping.		1 tablespn. flour.	
1 small onion.		Salt and pepper.	

Put onion, sliced, in a saucepan with the water, anchovies and bay leaf (or a bouquet of herbs); boil gently 15 min. Meanwhile fry flounders 7 min. in dripping. Add contents of frying pan (including the fat) to the saucepan after the

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Beware the Gurnet's treacherous Backbone.

onion, etc., has boiled $\frac{1}{2}$ hour. Simmer altogether 10 min. Remove fish, keep it hot. Strain liquor, return to saucepan; thicken with the flour that must first be mixed to a smooth cream with a little milk or water. Add salt and pepper to taste (the salt cautiously, as the anchovies will have salted the liquor a little). Boil 2 min., stirring constantly. Pour over fish; or serve in a tureen.

Stewed Flounders.—No. 2.

ANOTHER METHOD, LESS RICH.

3 flounders.	1 pt. water.	2 tablespn. ketchup.
4 potatoes.	1 small onion.	1 anchovy.
1 small turnip.		1 tablespn. flour.
1 dessertspn. butter.		Salt and pepper, herbs.

Slice turnip, onion and potatoes, put into cold water with anchovy, a bouquet of herbs. Bring to boil, simmer 12 min. Then add salt to taste. Put in fish, bring to boil, simmer 10 min. Remove fish and keep hot, while you thicken the contents of saucepan by adding the butter rolled in the flour. Boil 2 min., stirring constantly; add the ketchup (or a tablespn. minced parsley). Bring to boil; pour over fish.

Gudgeons.

A small fresh-water fish, not often on the market.

When these are cleaned, the scales are left on. The ordinary method of cooking is to dip them in egg and then in breadcrumbs, and fry them about 5 min., or till browned. Or they may be fried in hot fat without the egg and breadcrumbs.

Gurnet or Guanard.

This is rather an awkward fish to deal with, on account of a series of very sharp bones attached to the backbone. These bones need most careful handling; a prick from them

Baked Gurnet. Haddock.

Gurnet needs extra Salt when Cooking.

sometimes causes poisoning. If possible, get the fishmonger to remove the backbone ; he will handle it scientifically, and avoid its dangers. But if it has not been removed when delivered to you, insert a knife close to the backbone at each side and cut along the fish. Then fix the knife in the lower part of the back just above the tail, and cut across sharply. The bones can then be removed.

Gurnet can be boiled, like mackerel, and served with parsley or anchovy sauce. But it makes a more satisfactory dish when baked. When boiling, allow $1\frac{1}{2}$ oz. salt to a quart of water, as it needs plenty of salt.

Allow $\frac{1}{2}$ lb. of fish to each person ; or 4 to 6 oz. to each person if combined with butter, eggs, potatoes, or other substantial food additions.

Baked Gurnet.

It is usual to stuff this fish. Tomato forcemeat is specially recommended (p. 33) ; or, if preferred, veal stuffing is excellent (p. 33). After the fish is filled, sew the opening together with string or stout thread. Brush over with melted dripping, place in a baking tin with a little more dripping, and bake for 1 hour. Just before serving dust a few browned crumbs over the top, and when these are quite hot, place on the dish and pour tomato sauce round (p. 31).

Haddock.

This fish is used either fresh or smoked. The fresh fish is inclined to be tasteless, and needs some pronounced flavouring to be added to it when cooking, or put in the sauce served with it. The smoked or Finnan haddock (named

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Finnan Haddocks first came from Findhorn.

after the Scotch village of Findhorn, famous for its haddock curing) has more flavour, and is popular as a breakfast dish. Fresh haddock is an easily digested fish.

A medium-sized haddock—say, 2 lb.—is superior to a very large one; the latter is apt to be coarse in the grain and tough-eating. Be careful to see that all scales are scraped from the fish when it is cleaned.

Boiled Fresh Haddock.

Cover with salted water (allowing about a dessertspn. of salt to each pint), simmer from 20 min. to $\frac{1}{2}$ hour. Serve with a good sauce.

Baked Fresh Haddock.

1 medium haddock. $\frac{1}{2}$ cup breadcrumbs.
Veal forcemeat. 3 oz. dripping. 1 tablespn. minced parsley.

Fill the fish with Veal forcemeat (p. 33) and sew up opening. Rub dripping over the fish, and cover with breadcrumbs. Put some dripping in the bottom of a baking dish. If the fish is too large to go lengthwise in the tin, it can be trussed like an S with a large skewer, or it can have the tail portion turned up a little and trussed in this position. Bake for 50 min. in a moderate oven, basting frequently.

Sprinkle chopped parsley over fish before sending to table. Serve with any fish sauce preferred.

Braised Fresh Haddock.

A SPANISH DISH.

1 haddock. 4 tomatoes. A dust each nutmeg, mace.
 $\frac{1}{2}$ pt. (or less) salad oil. Salt and pepper.
1 tablespn. vinegar. 1 tablespn. flour. $\frac{1}{2}$ pt. water.
A small onion stuck with 4 cloves.

Dry the haddock thoroughly. Heat salad oil in a stewpan, braise the fish on both sides for 5 min., then add the vinegar, tomatoes and other ingredients. Cover the pan and simmer very gently for 30 min. Then remove fish and

Curried Haddock. Scalloped Haddock.

Try Desiccated Cocoanut with Curried Haddock.

keep hot. Strain the liquor. Return to saucepan and thicken with the flour mixed to a smooth cream with the water. Boil 2 min. and serve in a tureen.

In Spain garlic would be used in place of the onion, and green peppers added.

Curried Fresh Haddock.

AN INDIAN RECIPE.

1 small fresh haddock.	1 small onion.	Salt.
2 oz. butter, or margarine.	1 dessertspn. curry powder.	
$\frac{1}{4}$ pt. milk.	1 teaspn. flour.	2 tablespn. desiccated cocoanut.
$\frac{1}{4}$ pt. fish stock, or water.	1 teaspn. lemon juice.	

Remove skin and bone, cut fish into convenient fillets or pieces. Fry in butter till browned and well done, with the onion sliced. At the same time, heat milk and fish stock in a saucepan with cocoanut. Mix in curry powder and flour, keeping it free from lumps. Simmer in saucepan until the fish is cooked in frying pan. Then put fish on a hot dish in oven. Add remaining contents of frying pan to the saucepan, with lemon juice and salt to taste; boil a few minutes, stirring constantly, until moderately thick. If not thick enough, add a little more flour; if too thick, add a little milk or water. Pour over fish. Serve with boiled rice.

Scalloped Fresh Haddock.

1 small fresh haddock.	$\frac{1}{4}$ pt. white sauce, or milk.
1 cold boiled potato.	Salt.
	A little grated cheese.
1 dessertspn. butter, or substitute.	

Put haddock in boiling salt water. When cooked remove from water, shred fish with forks, taking away skin and bone. Melt butter in a shallow pan, add shredded fish, the boiled potato sliced, and the sauce or milk. Heat gently, stirring well, boil 2 min. Put a tablespn. of the mixture on each scallop shell. Cover with grated cheese, bake in

When Fish is Smoked it is Partially Cooked.

oven till a golden brown. The shells are served on individual plates, one to each person.

Plaice, fresh cod, brill, whiting, halibut, and hake can be cooked in this way.

Smoked or Dried Haddock, Plain.

Being partially cooked by the smoke, this only requires a few minutes cooking to make it ready for the table.

TO BOIL.—Put the fish into a little cold water, simmer for 3 min. after it boils. Drain the fish, dot a few small pieces of butter on the inner side, dust with pepper, and serve hot. Nutmeg sauce (p. 29) goes especially well with this, and should be made with the liquor in which the fish was cooked.

TO GRILL.—Rub over with butter; heat through on a gridiron over a clear fire; and dust with pepper.

Smoked Haddock with Crouçons.

1 large Finnan haddock.	2 tablespn. milk. Paprika.
1½ oz. margarine.	1 tablespn. chopped parsley.

Scald the haddock by pouring boiling water over it and leaving it for about 2 min.; it can then be easily removed from the backbone. Remove also all the skin and small bones, and chop it finely. Season with paprika, or pepper, salt if needed, and mix with the parsley, butter and milk. Make this quite hot in a saucepan, turn it out on to a hot dish in a neat pile, and arrange small kite-shaped *crouçons* round.

Haddock and Eggs

6 oz. dried haddock. ½ pt. water. 1 tablespn. margarine. Salt.
2 hard-boiled eggs. 1 teaspn. flour. 1 tablespn. milk. Pepper.

A nice change from the inevitable bacon breakfast is haddock and eggs. Boil the fish 3 min. gently in water and milk. Drain, and, while still hot, remove skin and bones,

Kromeskies of Haddock Croûtons.

Minced Onion Improves some Haddock Dishes.

and pick into shreds with a fork. Put back into the pan to re-heat. Pour off most of the water, leaving just sufficient to keep the fish moist. Add margarine and a little pepper and salt if needed. Shell and cut eggs into four, lengthways. Dish up the haddock into the centre of a deep dish and garnish with the eggs. Lastly, thicken liquor with flour and pour over the fish.

Kromeskies of Dried Haddock.

1 medium Finnan haddock.
1 oz. butter.
Bacon.

A little milk. Frying fat.
Frying batter. Pepper.
 $\frac{1}{2}$ teaspn. minced onion.

Cook a haddock in water in the usual manner, remove skin and bone, and flake the flesh finely. Place in a saucepan with the butter, a dash of pepper, and the minced onion. Stir till hot, then add sufficient white sauce or milk to make the mixture fairly thick. Leave till cold and stiff; then take small portions, roll into corks and wrap round each a thin slice of fat cooked bacon. Dip these in frying batter (p. 12), and fry in deep fat to a pale brown. The slices of bacon should be $1\frac{1}{2}$ in. in breadth by $2\frac{1}{2}$ in. in length; a tiny skewer will be necessary to keep the bacon in place.

CROÛTONS.

These are thin slices of stale bread, cut into small kite shapes, or into narrow fingers, and fried to a delicate brown in butter, margarine, or clarified fat. They are served with light soups, or with white fish, to give a little richness to the dish. Sometimes the bread is merely toasted.

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Fried Tomatoes combine well with Smoked Haddock.

Or use the same mixture, shape into small corks, omit the bacon, but dip into frying batter, and fry as for fritters. Serve with tomato sauce poured over, or with fried tomatoes in the middle of the dish.

Smoked Haddock Savoury.

$\frac{1}{2}$ lb. Aberdeen fillet. Toast. 2 tablespn. each butter and
1 tablespn. each chopped pic- hot water. $\frac{1}{2}$ teaspn. salt.
calilli and Worcester sauce. 3 drops onion juice.

Simmer fish a few minutes in boiling water till tender ; remove from water and flake it. Heat butter, pickles, onion juice, sauce and salt in double boiler, mixing thoroughly. When the fish is cold, stir the flakes in with the mixture ; heat up, then spread on strips of toast. Put in hot oven 3 min. Serve at once.

Soufflé of Finnan Haddock.

A medium-sized haddock. 2 eggs.
1 oz. margarine, or butter. Cayenne.

Put haddock in a pan, with cold water, upon the stove ; when the water boils the fish is done. Take it out and remove all skin and bone ; there should be about 4 oz. of clear fish. Pound this in a mortar with the butter, and pass through a wire sieve. Season with a dash of cayenne or coralline pepper, and stir in the yolks of 2 eggs. Paper a *soufflé* tin, and just before cooking the mixture add the whites of the eggs stiffly beaten. Bake from 20 to 25 min., and serve at once, or it will fall. It is not turned out of the tin, but the tin itself is wrapped round with fancy paper, or slipped into a silver case. The mixture may also be baked in 8 small greased tins, and will then take only 10 min. to bake.

To prepare a *soufflé* tin, butter it well and tie a band of stiff white paper, also buttered, round the top, coming

Savoury Haddock. Hake.

A Soufflé must be served as soon as Cooked.

about 3 in. above the rim of the tin. This is to hold up the *soufflé* as it rises in the oven. Remove paper before serving.

Savoury Haddock Balls.

A USEFUL RECIPE FOR ANY COLD WHITE FISH.

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|----------------------------|-------------------------------|
| 1 medium smoked haddock | 2 dessertspn. minced parsley. |
| 1½ oz. grated cheese. | Cayenne. Salt. |
| 2 eggs. | Frying fat. Flour. |
| 1 dessertspn. breadcrumbs. | Toast or mashed potatoes. |

Boil fish ; remove skin and bones. Put flesh through mincer or chop fine. Add in turn, mixing well, grated cheese, breadcrumbs, parsley, a dust of cayenne, salt to taste. Then bind with lightly-beaten egg ; add this cautiously, as the mixture must not be too moist ; if fish is small, 1 egg may be enough. Shape into small balls, roll in flour ; fry 3 min. in smoking hot fat. Drain, serve very hot on hot toast or in the centre of a bed of mashed potatoes.

Haddock Toast.

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| 1 cup cooked smoked haddock minced. | 2 tablespn. thick white sauce (or melted butter). |
| 1 teaspn. lemon juice. | Hot buttered toast. Pepper. |
| 1 teaspn. anchovy essence. | Chopped parsley or cheese. |

Mince the remains of cold cooked smoked haddock. Put into a saucepan with lemon juice, anchovy essence, a dash of pepper and the sauce. Stir till very hot. Heap on convenient portions of hot buttered toast. Sprinkle with chopped parsley, or grated cheese, if preferred.

Hake.

Hake can be strongly recommended to the housewife who has to study economy. It is a fish that has grown in favour in modern times ; but it deserves to be still better known. It is a firm, white fish, not rich. It has more flavour than cod, and is usually fairly cheap.

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Hake is a Useful Fish and Not Expensive.

Fresh hake should be firm and its eyes bright. Its flavour is improved if salt is sprinkled over and inside it an hour or so before cooking.

It can be cooked by any of the recipes for fresh cod, halibut or turbot; and it is excellent boiled, baked or stewed. A highly flavoured or rich sauce goes well with hake, as it is a moderately dry fish and its own flavour is not very pronounced.

Hake Chowder.

2 lb. hake.	6 thick lunch biscuits.
4 large potatoes.	1 pt. water.
1 small onion.	$\frac{1}{2}$ pt. milk.
2 slices very fat bacon.	$\frac{1}{2}$ saltspn. pepper.
1 tablespn. butter (optional).	1 dessertspn. salt.

Skin fish and remove bones. If it is a whole fish, simmer head and tail with bones in a pint of water 20 min. Otherwise use 1 pt. fish stock, as this dish needs the fish stock as a foundation. Cut fish into 2-in. pieces and set aside. Cover biscuits with cold water to moisten them.

Fry bacon fat (omit lean) in a saucepan 5 min. with onion thinly sliced. Strain liquor from the fish bones and add it to the bacon fat and onion in saucepan. Then put in potatoes thinly sliced and the pieces of fish; simmer 12 min. Add milk hot, salt, pepper, and butter. Cook another 5 min. Add soaked biscuits. Bring to the boil.

Hake Omelette.

1 teacup minced cooked hake.	3 dessertspn. milk or water.
1 $\frac{1}{2}$ dessertspn. butter.	$\frac{1}{2}$ teaspn. salt. Pepper.
2 eggs.	1 teaspn. minced parsley.

Beat eggs till yolks and whites are well mixed, but no longer. Add milk, parsley, fish well minced, and seasoning to taste. Mix well. Melt butter in frying pan; pour in the mixture. Shake the pan constantly, taking care that

Fish Pasty. Hake and Potato Pie.

A Rich Sauce is Desirable with Hake.

the fish is well distributed, or stir with a fork till the eggs begin to set. When it starts to brown, fold over the sides and turn it out on a hot dish. Serve immediately. This makes an omelette for one person. Increase the quantities according to the number to be served.

Hake Pasty.

$\frac{1}{2}$ lb. short crust paste.	1 dessertspn. minced parsley.
$\frac{1}{2}$ lb. cold boiled hake.	$\frac{1}{2}$ saltspn. curry powder. Salt.
1 dessertspn. butter.	Pepper. 1 slice of onion.

Flake fish, which should be free from skin and bone. Melt butter in small frying pan, chop onion very fine, and fry. When onion is pale brown, add fish flakes, stirring lightly for 3 min. Then add curry powder (if liked), parsley, a dust of pepper, and salt to taste. Mix thoroughly.

The short crust paste (p. 59) should be rolled out fairly thin and cut into circles as for ordinary turnovers. Put some of the fish mixture (not too hot) on the centre of each ; fold over the paste as for turnovers and see that the edges are well fastened together. Bake at once in a moderate oven 12 to 15 min. Any cold fish (excepting very oily fish, such as mackerel or herring) can be made up in this way.

Hake and Potato Pie.

2 thick slices hake.	$\frac{1}{2}$ cup shelled shrimps.
1 $\frac{1}{2}$ lb. potatoes. $\frac{1}{3}$ pt. milk.	1 dessertspn. chopped onion.
3 dessertspn. margarine.	Salt. Pepper. Flour.

An hour before cooking sprinkle salt over both sides of slices of hake. When about to cook them, rinse quickly and dry in clean cloth. Remove the bone. Lay side by side in a well-greased pie-dish, dredge with flour, scatter the onion on top, dot little pieces of margarine over surface of fish. Stand pie-dish in a tin containing a little hot water to keep the fish from burning. Bake $\frac{1}{2}$ hour in a moderately hot oven.

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Halibut has a very Delicate Flavour.

At the same time that the fish is put into the oven put the potatoes on to boil. When cooked, mash well with a little milk and 1 dessertspn. margarine. Heat shrimps in the remainder of the milk. When the fish has baked $\frac{1}{2}$ hour (or less if it shows signs of being over-done), pour the shrimps over it, dust lightly with pepper, fill up pie-dish with hot mashed potatoes. Score the surface lightly with a fork to give it a furrowed appearance, dot over with a few tiny pieces of margarine. Return to oven (but not in hot water this time), bake 20 min. or till the surface is well browned. Sufficient for three people.

Cod is excellent cooked by this recipe.

Halibut.

Halibut is a very useful white fish, easy to digest, and with a delicate flavour. It is usually a trifle more expensive than plaice or brill, though this will depend on the state of the market.

To BOIL.—2 lb. of halibut will be sufficient for four people. It can be purchased in one large cutlet or in two smaller slices. Barely cover with cold, salted water. When it boils, simmer very gently indeed for about 20 or 25 min. The time will depend on the thickness of the slice; but when the flesh parts from the bone, it is done. If this fish boils too quickly it will be tough.

Serve with a good sauce made from $\frac{1}{2}$ pt. of the liquor.

To FRY.—Cut into thin slices, sprinkle lightly with salt, and let them lie in this $\frac{1}{2}$ hour before cooking. Then rinse off surface salt quickly; dry thoroughly in a cloth. Fry in smoking-hot fat 10 to 12 min., turning once, or they may be dipped in egg and breadcrumbs and then fried.

To STEW.—Follow the recipe for Stewed Turbot.

BALLS AND CROQUETTES.—Follow the recipes for Codfish Balls and Croquettes (p. 48).

Halibut Chowder. Curried Halibut.

Poached Fish is Easily Digested.

Halibut Chowder.

1½ lb. halibut. 1 onion. ½ pt. milk. Salt. Pepper.
½ lb. salt pork. Potatoes. 2 tablespn. of breadcrumbs.

Cover bottom of a large greased pie-dish with thin slices of fish ; over this put a layer of sliced raw potatoes ; another layer of fish ; a layer of breadcrumbs, three thin slices of onion, and the pork cut small ; cover with a thick layer of sliced potatoes. A little salt and pepper should be sprinkled over each layer as it is added. Add milk to cover. Bake for 2½ hours in a moderate oven.

Curried Halibut.

1½ lb. halibut. 5 oz. rice. Lemon juice.
1 oz. frying fat. 1 tablespn. flour.
1 onion, 1 sour apple. 1 pt. fish stock.
1 tablespn. curry powder. ½ teaspn. each salt, sugar.

Steam fish 20 min., or till cooked ; leave till cold, then cut into neat portions. Boil rice separately. Melt fat in another saucepan, stir in peeled and chopped onion and apple, fry till onion browns. Add curry powder and flour, blending flour carefully. Stir in salt, sugar, and fish stock ; boil all together 20 min. Lastly, add fish portions and a few drops of lemon juice. Make hot, but do not boil after fish is added. Fashion the hot boiled rice into a wall round a hot dish, put curry in centre. Any cold left-over fish can be treated this way, removing bone and coarse skin.

Halibut and Eggs.

1½ cups flaked cooked halibut. ½ pt. milk.
1½ tablespn. flour. 4 eggs. ½ teaspn. salt. Pepper.
1½ oz. butter. 1 flake lemon peel.

Melt butter in a saucepan, mix in flour gradually, keeping it smooth ; add salt and pepper. Stir for 3 min. after it is hot. Add milk and lemon. Stir till it boils. Then put in flaked fish, stir till hot through. Fill small ramekins

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Steamed Fish retains all its Juices.

two-thirds full. Break an egg on the top of each, dust with salt and pepper. Bake till egg is set.

Halibut and Macaroni Timbales.

2 cups cold cooked halibut, 2 oz. macaroni.
measured after mincing. 1 egg. $\frac{1}{4}$ pt. milk.
1 piling tablespn. breadcrumbs. 1 pt. water. Salt. Paprika.

Throw the macaroni into fast-boiling salted water. Boil till tender, about 20 min. Drain and let it cool. Well beat the egg, add the fish (minced fine), breadcrumbs, milk, salt to taste, and a dust of paprika. Butter timbale moulds, line with strips of cooked macaroni placed close together; fill centres with the mixture. Cover with greased paper. Stand moulds in a baking tin with a little

hot water in the bottom, to prevent their burning. Bake about 10 min. in a moderate oven till the centres are firm. Turn out on to a very hot dish, and serve with shrimp or lobster sauce.

Halibuts often run to a very large size, a big fish occasionally weighing as much as 300 lbs. But the large fish are coarse-grained and have lost their delicate flavour. Therefore choose a small halibut or a portion from a fish of medium size.

Minced Halibut and Shrimp Loaf.

2 cups minced cooked halibut.
1 cup shelled shrimps.
 $\frac{1}{2}$ cup breadcrumbs.
 $\frac{1}{2}$ cup mashed potatoes.
1 egg. 1 oz. butter.
Salt. Paprika. Parsley.

Chop shrimps small, mix with well-minced cooked halibut. Add breadcrumbs, potatoes, butter (melted), a dessertspn. of minced parsley, a little salt (the fish and shrimps are

Halibut Soufflé. Fresh Herrings.

Herrings when Fresh have Abundant Scales.

already salt) ; dust lightly with paprika or, if liked, with grated nutmeg. Bind with the beaten egg. Put in well-greased oblong baking tin. Bake 1 hour, standing in a tin with a little hot water in the bottom, or steam 1½ hours.

Halibut Soufflé.

1 lb. halibut.	Whites 2 eggs.
1 tablespn. cream (or 1 tablespn. milk and 1 teaspn. butter).	1 teaspn. salt. Pepper.

Skin and bone fish. Put, in small pieces, through the mincer, then pound as smooth as possible in a mortar. Add whipped cream, salt, and a dash of pepper. Lastly, add the whites of 2 eggs beaten quite stiff. Mix quickly and turn into a buttered mould. Cover with greased paper. Cook in a slow oven till the mixture is set, about 20 min.

Fresh Herrings.

Herrings should have plenty of bright, silvery scales before they are cleaned, as this is a sign of freshness ; their gills should be very red and the eyes bright.

Being rich and oily, they should not be eaten by those with weak digestions. Mustard or horseradish sauce should be served with them to counteract their richness. For the same reason, they gain by being baked in vinegar.

To BOIL.—Put into cold salted water, bring to the boil, simmer till the bones separate from the flesh, about 10 min. Serve with parsley sauce made from milk, not from the liquor in which they were boiled, as this is too fat.

To FRY.—Rub the bottom of the pan with a little fat, merely to keep it from burning, then put in the fish and fry over a moderate heat till well browned. They are so rich that no other fat is needed to fry them. Serve with mustard or horseradish or tartare sauce.

To GRILL.—Place on a gridiron over a clear fire, turn till

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Grease the Gridiron with Suet before Using.

nicely brown. Dust with salt and pepper, and squeeze over a few drops of lemon juice before serving.

Fried Herring Fillets with Apples.

2 fresh herrings.	$\frac{1}{2}$ teaspn. powdered sage.
2 apples.	Pepper. Salt. Flour.
1 medium onion.	1 tablespn. bacon fat.

Melt fat in pan, peel and slice onion and apples, sprinkle with sage and salt, fry 7 min. Split and bone herrings; dust with salt and pepper, and dredge with flour. Add to the partially cooked onion and apple in pan, and fry 8 or 10 min. till nicely browned.

Herring Fillets in Mould.

4 fresh herrings.	1 bay leaf. 1 teaspn. salt.
6 peppercorns. 1 pt. water.	1 dessertspn. vinegar.

Fillet herrings. Simmer head, bones, peppercorns, and bay leaf for $\frac{1}{2}$ hour in a pint of water, with occasional skimming. Strain liquor; add vinegar and salt to taste. Roll the fillets, beginning at the head end, tie with cotton, and simmer very gently in liquor for 20 min. Dip a mould first in hot then in cold water. After removing cotton, put fish rolls in mould; pour over the liquor. Turn out when quite cold.

**If herring fillets are
dipped in vinegar
before cooking, the
flavour is improved
and the richness
reduced.**

Kippered Herrings.

1 pair kippers.	1 dessertspn. butter.
Pepper.	3 tablespn. water.

Put water in frying pan, place kippers in pan with the skin side uppermost. Simmer 2 min., add butter, simmer another 2 min. Put

Kippered Herrings. Soused and Spiced Herrings.

Never Fry very Thick Slices of Fish.

fish on hot dish, skin side downwards ; dust fish with pepper, pour over any liquor from pan.

Kippered Herrings with Mustard Rice.

3 kippers.	3 oz. rice.	1 teaspn. mustard.
2 oz. butter, or substitute.		$\frac{1}{2}$ pt. water.
1 tablespn. flour.		1 tablespn. vinegar.

Boil rice, strain and keep it hot. Cook the kippers by rubbing slightly with melted butter, and grilling or broiling them delicately. Place the rice on a hot dish and the kippers on top. Brown flour in oven, mix with mustard, and stir into an ounce of butter which has been melted in a saucepan. Add cold water or, better still, weak stock, and boil 2 or 3 min. Add vinegar to taste, and pour over the kippers and rice.

Soused Herrings.

4 fresh herrings.	10 peppercorns.
$\frac{1}{2}$ pt. vinegar.	$\frac{1}{2}$ teaspn. each of mixed spice
$\frac{1}{2}$ pt. water.	and ground ginger mixed.
2 bay leaves.	Salt. Pepper.

Split fish after cleaning, remove back-bones, lay in an earthenware baking dish (not enamel or metal), sprinkle each fish on the inside with salt, pepper, and the spice mixture ; add bay leaves and peppercorns. Cover with the vinegar and water. Bake about 30 or 40 min. in a moderate oven. Serve hot or cold. Let fish lie in vinegar until served.

Spiced Herrings.

4 fresh herrings.	1 teaspn. each of mixed spice, sugar, and
Salt.	pepper mixed together.

After cleaning and removing head, split the fish up the back, and remove the bone. Dry well after washing. Dust all over with salt, let lie $\frac{1}{2}$ hour. Then sprinkle them all over with the spice mixture. Let them remain, with

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Flour and Oil White Fish before Grilling.

the inside uppermost, for 24 hours. To cook, fry in the ordinary way.

John Dory.

Cook in the same way as plaice or turbot. It is better for hanging a day after being caught. The head is left on when the fish is cooked, as the portion nearest the head is considered the best part of the fish. It can be boiled, baked, or fried, but is generally boiled and served with anchovy, shrimp, or lobster sauce.

Kippers.

See page 76.

Stewed Lamprey.

1 medium-sized lamprey.	1 oz. butter.
1 pt. good beef stock.	1 tablespn. flour.
1 onion. 3 cloves.	Salt. Pepper.
1 dessertspn. ketchup.	Spice. Bay leaf.

These are not often seen in the general market, being chiefly used in the neighbourhood of the Severn, where they are caught. They need thorough washing in several relays of warm water, and the skin should be well rubbed with salt to get rid of the slime. The skin is left on, but the head, tail and fins are removed, also the cartilage and strings that run down the back.

In a 1794 Cookery Book, pickled red cabbage is recommended as an accompaniment to grilled fresh haddocks.

Dust the fish with salt, pepper, and a pinch of mixed spice. The fish can be stewed whole, or can be cut into convenient portions. Put into a casserole or small stewpan, cover with stock, add onion stuck with cloves and a bay leaf ;

Baked Lamprey, Ling and Lobster.

Rub Salad Oil over Lobster after Boiling.

bring to the boil and simmer very gently for $1\frac{1}{2}$ hours. When quite tender, take up fish and keep very hot. Remove onion, cloves and bay leaf. Add mushroom ketchup or Worcester sauce to liquor, and thicken it with the butter rolled in the flour. Add more salt if needed. Pour over fish, serve with sippets of toast, and sliced lemon or horseradish sauce. One medium lamprey will serve four people.

Baked Lamprey.

1 medium lamprey.

Veal stuffing.

Dripping.

Seasoning. Flour.

Dry fish well after cleaning. Dust lightly inside and out with salt and pepper. Fill with stuffing, sew up securely, and rub over with dripping. Put fish in a baking dish with plenty of dripping in the bottom. Bake in a moderate oven $1\frac{1}{2}$ hours, basting continually. Serve with anchovy or horseradish sauce. Or the fish can first be simmered for $\frac{1}{2}$ hour, and then baked for about $\frac{3}{4}$ hour.

Ling.

Ling can be cooked by any of the recipes for cooking cod; but it is generally fried.

Lobsters.

These are usually boiled by the fishmonger, before being sold. A heavy lobster usually indicates good condition, and the tail should have plenty of "spring" in it when pulled out. Medium-sized lobsters make the best eating.

The cock lobster is narrow in the back part of its tail, and the two uppermost fins within it are firm and hard, while those of the hen lobster are soft, and the tail is broader. The cock does not run to so large a size as the hen, but its flavour is considered better, and its colour when boiled is a deeper red. On the other hand, the hen has the red coral that is so useful for colouring and flavouring.

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Weighty Lobsters are the Best.

To BOIL.—Tie up the claws, and wash thoroughly. Have ready a saucepan of fast-boiling salted water, allowing $\frac{1}{4}$ lb. salt to the gallon. Plunge the lobster in head first, when death will be instantaneous. Boil for 35 min. for a medium-sized fish, skim occasionally. Rub the shells over with salad oil, on taking them out of the water, to improve the appearance of the shell. This must be wiped off before sending to table.

Lobster Croquettes.

- | | |
|------------------------|---------------------------------------|
| 1 cup minced lobster. | $\frac{1}{2}$ cup milk. Salt. Pepper. |
| 1 tablespn. butter. | 1 pinch ground mace. |
| 1 tablespn. flour. | 1 egg. Frying fat. |
| 1 teaspn. lemon juice. | $\frac{1}{2}$ cup breadcrumbs. |

The lobster meat must be well minced, and every particle of shell removed. Blend butter and flour in a saucepan, mix in the milk, keeping it quite smooth and stirring all the while. When it boils, add mace, lemon juice, salt and pepper to taste, and finally put in the lobster. Mix well, then turn out on to a plate to cool. Later, take tablespn. of the mixture and roll into the shape of thick corks. Dip in beaten egg and breadcrumbs and fry brown in smoking-hot fat. Or they can be rolled in flour, in place of the egg and breadcrumbs, and then fried. Serve very hot.

When dried eggs are included in a recipe, they must always be liquefied, according to the directions on the packets, before being mixed with other ingredients.

Lobster Cutlets.

These can be made as above, but shaped like cutlets.

Devilled Lobster.

Make mixture as for croquettes, adding 1 teaspn. Worcester sauce

Lobster Omelettes and Patties.

Garnishing Does Much to Make Fish Look Appetizing.

and $\frac{1}{2}$ saltspn. mustard. When hot, fill buttered ramekin cases, cover with buttered breadcrumbs, and bake till brown.

Lobster Omelette.

1 teacup minced lobster.	1 dessertspn. water.	4 eggs.
3 tablespn. lobster sauce or	1 dessertspn. butter.	
white sauce, or thin cream.	$\frac{1}{2}$ teaspn. salt.	Pepper.

Heat up the minced lobster in the sauce or cream.

Beat the eggs with the water, melt butter in pan. When hot pour in the eggs, add salt and a dash of pepper, stir with a fork until the egg begins to set. Tilt the pan about, so that it cooks evenly and is an oval shape. When it is nearly set, put some of the hot lobster in the centre. Fold over the sides, put on a hot dish with the remainder of the lobster on top. Sufficient for two people.

Lobster Patties.

Paste for short pie crust.	1 teaspn. flour.
2 cups minced lobster.	$\frac{1}{2}$ teaspn. salt.
1 egg. 2 tablespn. butter.	Cayenne.
$\frac{1}{4}$ pt. milk.	1 dessertspn. minced parsley.

Make paste according to recipe, p. 59. Line well-greased patty pans with the paste, fill with dry raw rice (this is to keep them in shape while baking), and cover with an upper crust. Brush over top with beaten egg if a glazed appearance is desired; bake 15 min. in a moderate oven.

Meanwhile, melt butter in a small saucepan, add milk and flour blended, salt, a pinch of cayenne; boil 3 min.; add beaten yolk of egg, parsley, and the minced lobster.

When the patty shells are baked, open them, empty out rice and fill with the hot lobster mixture. Put on the covers and serve hot. The mixture is sufficient for 9 or 10 patties.

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Soak Fish in Salted Milk before Frying.

Lobster Salad.

1 medium lobster.

1 lettuce.

$\frac{1}{2}$ a small beetroot.

A few slices cucumber.

Any small salad that is in season.

4 tablespn. salad dressing.

2 hard-boiled eggs.

Get a hen lobster if possible, as the coral makes a pretty garnish. Wash the lettuce, etc., and thoroughly dry by swinging in a salad basket or clean cloth. Break into small pieces, and put in a bowl. Pour over the salad dressing. Toss the leaves lightly in this until every piece is well

To make a Herring Pye (as they did it 200 years ago!)—Take pickled Herrings, water them well, take off their Skins whole; mince your Flesh with two Roes; add some grated white Bread, seven or eight Dates, Rosewater, Sugar, a little Sack with Saffron, make of these a pretty stiff paste; then fill the Skins of your Herrings with this Farce, lay butter in the bottom of your Pye, lay in your Herrings, and Dates with them, and a-top of them lay Gooseberries, Currans and Butter. Then close it up, bake it; and when done, liquor it with Vinegar, Butter, and Sugar.

From a 1724 Cookery Book.

saturated. Crack the lobster, remove and cut up the meat, and mix with the salad. Pick the meat from the claws and cut up into small squares; add half to the salad and set half aside. Slice eggs and add; or cut the eggs in halves, chop the whites finely, and rub the yolks through a very fine sieve. Heap the salad in a glass dish, and arrange round the edge in alternate heaps, sliced cucumber, diced beetroot, white of egg, lobster coral, squares of lobster meat, and yolk of egg. With the addition of 1 or 2 whole black peppercorns a very pretty decorative effect may be gained. Salad dressing can be bought in bottles, or it can be made at home (see p. 30).

Lobster and Tomato. Baked Mackerel.

Mackerel Deteriorate Very Quickly after being Caught.

Lobster and Tomato Savoury.

2 small cups minced lobster. 1 tablespn. butter.
1 small onion. Hot water. 1 tablespn. flour.
2 tomatoes. Cayenne. $\frac{1}{2}$ teaspn. salt. $\frac{1}{2}$ pt. milk.

Heat butter in saucepan, add finely-chopped onion, and keep stirring till it begins to brown. Add salt, a dash of cayenne, peeled tomatoes, and 2 tablespn. of hot water. Simmer 12 min. Stir in milk and flour mixed smoothly; cook till it thickens. Add lobster; heat thoroughly. Serve on rounds of buttered toast.

Mackerel. .

This is essentially a spring fish, and is in good condition up to the early autumn. It is a rich fish, and not suited to delicate digestions. It is important that this fish should be absolutely fresh, as it very soon becomes unwholesome.

Boil according to directions, p. 11.

Baked Mackerel.

2 mackerel. Salt. Pepper.
2 tablespn. dripping. Lemon. Herb forcemeat.

Split fish in half after cleaning, remove all bone, head and tail. Melt dripping in baking tin, lay each $\frac{1}{2}$ fish in tin, skin side downward. Dust lightly with salt and pepper. Cover each portion with herb forcemeat; dot tiny pieces of butter on top. Bake 30 min.

ANOTHER METHOD.—Split fish as described above. Grease a baking tin, lay in the portions of fish, sprinkle with salt and pepper, add $\frac{1}{2}$ bay leaf for each whole fish, dot over the fish some tiny portions of butter, add a little water, but not enough to cover it completely. Bake about 20 min. in a hot oven. Sauce tartare (p. 31) can be served with baked mackerel.

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In Maine, U.S.A., Bacon is served with Mackerel.

Grilled Mackerel.

Being an oily fish, this is excellent grilled. Split fish in half, remove bones, dry thoroughly. Dust with salt and pepper. Brush over with oil or melted dripping ; grill over a clear fire for about 10 min.

Or the fish can be broiled whole. In this case split open the back and insert a little dripping, pepper and salt. Rub over with dripping or brush with oil, and grill till the fish separates from the bone, about 20 min. or less.

Mackerel Le Zonte.

A BELGIAN DISH.

Boil the mackerel in the ordinary way. When cold, split in half, remove bone, lay in a dish skin side downwards, cover with a thin mayonnaise flavoured with a little chopped chervil. Serve cold.

Mackerel Pasty.

AN ITALIAN RECIPE.

Allow 1 small mackerel fillet	Chopped onion and parsley.
for each person.	Pepper. Salt.
Some short paste.	Salad oil.

Cut short paste into ovals or rounds, as for turnovers, large enough to take the mackerel fillet. Dry the fillets, dust with salt and pepper, lay one on half of the round of paste, sprinkle a little finely-chopped onion and chopped parsley on the fish. Turn over the remaining half of the paste, pinch edges well together, bake 20 to 30 min., according to size. In Italy the fillet is dipped in salad oil before laying in the paste, but this is rather rich.

Soused Mackerel.

2 medium mackerel.	1 bay leaf.	Salt.	Cayenne.
$\frac{1}{2}$ pt. vinegar.	$\frac{1}{2}$ pt. water.	10 peppercorns.	

Boil fish $\frac{1}{2}$ hour in salted water. When cooked, split them down the back and remove the bones, also the heads

Pickled Fish. Grey Mullet.

Allow one Small Mullet to Each Person.

and tails, place in an earthenware dish. Boil together the vinegar, water, bay leaf, peppercorns, a tiny pinch of cayenne, and a little salt, for 5 min., then pour it hot over the fish. This dish is generally served cold, and time must be allowed for it to soak well in the liquor.

Megrim.

This is something like a sole, but a cheaper kind of fish. The mouth is at the left side. It cannot be skinned, but is cooked as a sole.

Fish Moju, or Pickled Fish.

A FAVOURITE DISH IN CEYLON.

6 fillets of fish, plaice or sole.	3 green chillies.	Salt.
Vinegar.	4 cloves of garlic.	1 tablespn. dry mustard.
Frying fat.	$\frac{1}{2}$ in. ginger.	Wooden skewers.

Mix the mustard to a very thin cream, using salted water or vinegar; it must be quite liquid. Fry the fish in dripping (cocoanut oil is used in Ceylon). Cut up the garlic, ginger, and chillies. Take 3 or 4 wooden skewers the thickness of a match, but a little longer; thread the slices of garlic, ginger and chillies alternately on the skewers. When the fish is cold, dip each fillet in the mustard, and place them in a wide-mouthed jar, with the skewers of flavourings between the slices; pour over it the remaining mustard. This will keep a week. It can be eaten with boiled rice and eggs. Also, it makes very piquant sandwiches. If the dish is liked and there is likely to be a demand for it, it could be made with larger quantities; but if only a little is used, the above will be enough for a small family, as it will not keep too long.

Grey Mullet.

Allow one small mullet to each person. Boil or fry (pp. 11, 12). Serve with a good sauce. This fish is not so highly esteemed as the red mullet.

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Red Mullet is Superior to Grey Mullet.

Grey Mullet and Capers.

2 large grey mullets. 1 small onion. 1 carrot.
1 tablespn. each vinegar, chopped parsley, capers, butter
and flour. 1 pt. water. 1 turnip. 1 teaspn. salt.

Boil vegetables in water 15 min. Then add fish, vinegar and salt, simmer another 15 min., or till done. Take up fish and keep hot. Strain liquor, return it to saucepan, add parsley, thicken with butter rolled in the flour, bring to the boil, stirring constantly. Add capers. Pour over fish and surround with small boiled potatoes.

Red Mullet.

This fish has been called the "woodcock of the sea," as, like the woodcock, it must not be drawn. It is not suitable for boiling, but is delicious baked. Formerly they were wrapped in buttered papers, and cooked and served in these, the idea being to retain every bit of their juice. But this is a troublesome method and undesirable, now that so much chemical is used in paper. Small individual casserole dishes answer the purpose.

**The carver should
be careful to leave
the bones on the
dish when serving
fish; and see that**

Baked Red Mullet.

A SPANISH RECIPE.

Red mullet. Breadcrumbs. Salad oil.

Chopped onion and parsley.

Allow one red mullet to each person. When cleaning this fish, remove gills, but not the inside. Arrange the fish flat in a tin. Cover with breadcrumbs, a light sprinkling of chopped onion and parsley, salt, red pepper, and a squeeze of lemon juice on each. Pour over enough

Red Mullet. Mussels.

Throw away a Mussel that contains a Small Crab.

salad oil to cover the bottom of tin. Bake gently till done—about 25 to 30 min. Larger fish, such as pike and fresh haddocks, are nice cooked in this way.

Another method of baking red mullet is to brush the fish with oiled butter or margarine and bake in a moderate oven. The liquor in the baking tin is then thickened with a little flour (1 teaspn. butter and a few spoonfuls of hot water added if needed), salt to taste, and served as sauce with the fish.

Red Mullet à la Genoa.

3 red mullets. 1 teaspn. lemon juice. Salt and pepper.
1 teaspn. arrowroot. $\frac{1}{2}$ cup beef stock or gravy.

Three mullets will make a medium-sized dish; wipe fish clean, and trim, but do not remove the tail. Place them in a well-greased casserole dish which will hold them without bending. Pour over the stock and lemon juice; cover with a buttered paper, and bake about 20 min. Remove the fish to a hot dish, and make the sauce by stirring a teaspn. of arrowroot with $\frac{1}{2}$ teacupful of water, a little salt and pepper; boil up with liquor in casserole and pour over the fish on the dish.

Mussels.

1 qt. mussels. 1 tablespn. flour. 1 teaspn. salt.
 $\frac{1}{2}$ teaspn. mace. 1 teaspn. chopped parsley.
1 dessertspn. vinegar. 1 tablespn. butter.

These must be washed very thoroughly in two or three waters to rid them of sand. Then throw them into a saucepan of hot water, and in a few minutes the shells open. Take them out of liquor and remove from their shells. Examine each one carefully; remove the little weed from under the black tongue, but if there is a small crab there also, throw away the mussel.

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Smoked Salmon can be served in Sandwiches.

When all are cleaned, strain the liquor, return to saucepan, thicken with butter rolled in the flour, add vinegar, salt, chopped parsley and mace. Add mussels. Cook 4 min. Serve with sippets of toast. Sufficient for 3 people.

They can be used in an omelette or in patties. They also make a nice baked dish. Prepare as above ; when cooked, cover the bottom of a pie dish with breadcrumbs, pour in the mussels and the thickened liquor, cover with more breadcrumbs, dot pieces of butter on top, and bake till browned.

Fish Omelette.

1 cup flaked cold fish.	1½ tablespn. butter.	3 eggs.
1 tablespn. flour.	½ cup milk.	½ saltspn. salt.
½ teaspn. anchovy essence.		

Mix flour, salt, and milk, add well-beaten eggs ; beat all together. Then add the flaked fish and anchovy essence. Melt butter in pan ; when smoking hot add the mixture. Cook till brown in a covered pan.

Unless otherwise stated, a saucepan lid, is kept on the saucepan while the food is cooking, excepting in the case of green vegetables, when the lid must be removed once the vegetables come to the boil.

In the same way, prawns, shrimps, lobster meat, crayfish tails, crab meat, oysters, salmon, sardines, or anchovies can be utilised in an omelette ; the advantage being that a little fish can be made to go much farther, and form a presentable dish, in a way that would not be possible were it to be served by itself.

The following are the quantities of each fish to be allowed for the above omelette mixture

To Choose and to Keep Oysters.

Oysters are Out of Season May to August.

—which will be sufficient for 2 persons—according to the kind of omelette desired :—3 sardines, skinned and boned ; 8 oysters ; 10 crayfish tails ; 3 anchovies, skinned and boned. For the remaining omelettes, use 2 tablespn. of chopped prawns, shrimps, lobster meat, crab meat, mussels or salmon.

Tinned fish does as well as freshly cooked fish, but all should be well minced and seasoned with salt and pepper.

For a richer omelette, see Lobster Omelette (p. 81).

Oysters.

While oysters lend themselves to all sorts of uses in cooking, and are delicious in any form—whether boiled, fried, used in patties, in sauce, in forcemeat, or in omelettes—it is generally acknowledged that nothing can excel the plain, undressed oyster, served on its own freshly opened shell.

Whitstable and Colchester oysters are the best, and should be used when served raw ; but the cheaper kinds can be used for cooking. Open them with an oyster knife, or the fishmonger will open them if desired. Place each oyster on the upper shell, add a little of its own liquor to each. Range them on a dish, garnish with fresh parsley. Serve thin slices of brown bread and butter and quarters of lemon.

When oysters are to be cooked, they should be taken from the shell (the liquor being carefully preserved, when it is to be used in making the dish), and the “ beard ” or dark harder portion, should be removed from each oyster. When cooking, remember that they require only a very little time in the heat, otherwise they become tough. They are done when they begin to curl at the edges.

TO KEEP OYSTERS.—Cover with salted water and leave for 12 hours. Then drain off the water and leave for 12 hours. In this way cover alternate 12 hours with a

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Oysters are Cooked when the Edges Curl.

fresh supply of salted water. To feed the oysters, throw a handful of coarse oatmeal in the water.

Oyster Batter.

15 oysters.	Butter.	Flour.	1½ pt. milk.
2 tablespn. breadcrumbs.		2 eggs.	Salt. Pepper.

Sift 4 tablespn. flour and 1 teaspn. salt, add lightly beaten eggs, mix to a smooth batter with 1 pt. milk. Well grease a pie dish. Pour in batter, bake 20 min. Then draw to oven door, lay 12 oysters on surface (saving liquor). Cover with breadcrumbs, dot over with butter. Bake another 10 min.

Meanwhile strain oyster liquor, and bring to boil with ¼ pt. milk; thicken with 1 teaspn. flour, add 1 teaspn. butter, a dash of pepper, ½ saltspn. salt, and 3 oysters chopped small. Boil 1 min. Serve in tureen.

Fresh eggs are always preferable to dried eggs; but in many recipes dried eggs answer the purpose of the expensive newly-laid article, and are therefore much more economical. Dried eggs are useful as they can be kept in the store cupboard for emergency use.

Boiled Oysters.

12 oysters. Pepper and salt.
1 pt. milk. 1 dessertspn. butter.
2 cream crackers (crushed).
6 cream crackers.

Open oysters, put them into a jug with their liquor. Boil milk, add 2 cream crackers crushed fine with rolling pin. Stir, add butter, salt and pepper to taste. When it boils, pour in the oysters with the liquor, cook gently for 2 min., or until oysters begin to curl at

Fried Oysters. Oyster Patties.

Whitstable and Colchester Oysters are the Best.

edges. Serve immediately with cream crackers. Sufficient for 3 people.

Fried Oysters.

To each person allow : 4 to 6 Fat for frying.
oysters, with 1 egg and 2 Quartered lemons.
cream crackers. Salt. Cayenne. Parsley.

Crush cream crackers with rolling pin till very fine. Put a few grains of salt and a grain of cayenne on each oyster ; dip each into beaten egg, roll in biscuit crumbs, fry a golden brown in very hot fat. Drain. Serve on slices of toast with quartered lemon. Garnish with parsley.

Oysters for Invalids.

6 oysters. 1 scant dessertspn. arrowroot.
 $\frac{1}{2}$ pt. strong beef-tea. Salt to taste.

Mix arrowroot smoothly with beef-tea. Boil 2 min., stirring well ; it should be the consistency of cream. Let it get nearly cold, then add oysters ; add salt if beef-tea requires it. Heat thoroughly, but do not let them boil.

Oyster Omelette.

See Fish Omelette (p. 88) ; and Lobster Omelette (p. 81).

Simple Oyster Patties.

6 oysters. $\frac{1}{4}$ pt. milk. 1 tablespn. flour.
Some short paste. Seasoning.

Have ready a little paste for short crust (p. 59). Roll out to $\frac{1}{2}$ in. in thickness, and cut with a circular cutter in 3-in. rounds. With the lid of a small tin press a circle in the centre of each, and bake in a brisk oven for 5 or 10 min. When done, lift the small circle from the centre and fill up the space inside with the following oyster filling.

Mix the flour with the milk and set on the stove to cook

Shrimps when Fresh are Firm and Stiff.

gently. Add a dust of salt and pepper and drop in the oysters. Cook slowly until the edges begin to curl. Remove from the fire, and with a sharp knife cut the oysters into small pieces.

Heap up on top, and finish off with the little round of crust in the form of a lid. Heat up in oven. Serve while very hot, garnished with parsley.

Washington Oysters.

AN AMERICAN RECIPE.

2 doz. oysters.	$\frac{1}{8}$ pt. milk.	Mace.	Lemon.
1 tablespn. flour.	1 tablespn. butter.	1 egg.	Salt.

Melt butter in saucepan, rub in flour, add milk, a dust of ground mace and oyster liquor. Keep stirring till it boils. Add $\frac{1}{2}$ teaspn. salt, 3 drops lemon juice, 1 egg yolk well beaten, stirring well. Have ready 8 marmite dishes with 3 oysters in each. Pour some of the mixture into each dish over the oysters; bake 10 min. in slow oven. Serve with small rounds of bread fried in butter, and thin slice of lemon.

A few drops of lemon juice or vinegar improves the appearance of white fish, if added to the water in which it is cooked.

Oysters Ensopadas.

A BRAZILIAN RECIPE.

1 cocoanut.	1 chopped onion.
2 doz. small oysters.	Pepper.
$\frac{1}{2}$ cup cold water.	Salt.

Scrape cocoanut and squeeze flakes through cheese cloth to extract juice. Then moisten flakes with the cold water, and squeeze again. Put both these liquids in a pan with onion and seasoning to taste. Simmer

Tinned King Fish, or Tuna, should be Better Known.

till onion is tender. Add the oysters, heat without boiling.

Perch.

A freshwater fish not often on the market, but sometimes caught by anglers. Scale the fish, remove gills and inside, wash it very thoroughly. Boil or fry (pp. 11, 12). Serve with a highly-flavoured sauce.

Pike.

This is another freshwater fish, which must be scaled and thoroughly cleaned.

To BOIL.—Put it in cold water, which bring to the boil. Then add salt and a dessertspn. vinegar ; simmer till the flesh parts from the bone, which will take anything from $\frac{1}{2}$ hour to 1 hour, according to size. Serve with a highly-flavoured sauce.

To BAKE.—Follow the recipe for Bream (p. 44).

Pilchard.

Cook according to the Recipes for Herrings.

Plaice.

This is one of the most useful fish on the English market. It is seldom very high priced, and being easily digested, is suitable for invalids as well as for the hale and hearty. It is usually filleted, and can be boiled, fried, baked, steamed or stewed. Most of the recipes for cooking turbot and soles will serve equally well for plaice.

Cold Plaice for Sandwich Filling.

Any cold white fish makes an excellent foundation for a sandwich filling. Mince 2 oz. of fish with a few shrimps or $\frac{1}{2}$ teaspn. anchovy essence ; or with 1 teaspn. chopped parsley or anything that will give it a decided flavour.

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Shrimps are Invaluable in Stuffing, Sauce and Salad.

Invalid Plaice.

Sprinkle a little salt on a fillet, put on a plate with 1 dessertspn. milk. Cover closely with another plate. Steam for 30 min. If the invalid is able to take it, a little bread sauce served with this makes a change, and is strengthening.

For those who are stronger and able to take a rather richer diet the fillet can have a little butter put on it instead of the milk, and it can be baked in the oven 20 min.

Raised Plaice.

1 large plaice.	1 oz. butter.	Chopped parsley.
4 hard-boiled eggs.	Pepper.	Salt.
1 oz. breadcrumbs.		$\frac{1}{2}$ pt. milk.

Steam the plaice in $\frac{1}{2}$ pt. milk in a shallow pan. Before putting in the oven cut a deep incision from head to tail of the fish, and across from fin to fin. Insert the knife and gently lift, or, rather, loosen, the flesh from the bone.

Cockles were recommended as a stuffing for a leg of mutton by Mrs. Glasse in her 1765 Cookery Book.

Then put in the oven for 10 min. Have ready 2 hard-boiled eggs, which cut in halves lengthways. With a spatula lift the flesh of the fish, and lay the eggs under the flaps, cut side down. Sprinkle with the breadcrumbs and chopped parsley. Cut the butter into small pieces and cover the fish with it. Drain off the milk, and return to the oven to finish cooking—about 15 or 20 min. Sprinkle with a little flour 2 or 3 min. before removing from the oven, and allow to brown. With the milk drained from the fish make a little anchovy sauce. Serve in a sauce-boat.

Plaice Rolls. Steamed Plaice.

Try Lemon Sauce with Plaice.

Plaice Rolls Stuffed with Shrimps.

1 lb. filleted plaice (weighed after filleting). Salt.
3 teaspn. butter. 1 pt. shrimps. Lemon.
2 teaspn. anchovy sauce. Nutmeg. 1 tablespn. flour.

Shell shrimps ; simmer the heads in a pint of water for 20 min., then strain. Chop shrimps finely, put in a small saucepan with 2 teaspn. butter and 1 teaspn. anchovy sauce ; stir over fire till well amalgamated ; turn out to get cold.

Cut raw fillets into strips about 2 in. wide ; 1 lb. should make eight strips. Spread shrimp mixture on inside, add a tiny flake of lemon peel, roll the strips tightly, and tie with stout cotton. Place fillets side by side in bottom of a large saucepan, to avoid one being on top of another ; pour over the liquor from shrimp heads ; if not enough to cover rolls, add cold water till they are just covered. Bring to the boil, simmer 20 min. ; salt to taste, but remember that the shrimps have already added some salt to the liquor. When cooked, remove cotton and place rolls in hot covered dish and keep warm. Thicken liquor with 1 tablespn. flour, 1 teaspn. each of butter and anchovy sauce. Boil for 2 min., stirring well. Pour over rolls ; grate a dust of nutmeg over each.

Plaice rolls prepared this way make a delicious cold dish if placed in a mould, the unthickened liquor having 1 teaspn. of gelatine melted in it, then poured over the fish in the mould and allowed to set. No sauce is needed with this. Garnish with shrimps and lemon slices.

Steamed Plaice and Eggs, with Lemon Sauce.

For each person allow : $\frac{1}{2}$ large fillet. 1 egg. 1 tablespn. milk.
Salt. Pepper. Flour. Parmesan cheese.

Cut each large fillet in half lengthways. Wash, dry, dredge with flour to which a light dust of salt has been added. (If fillets are small, allow 1 to each person.) Have ready well-greased ramekin cases ; curl a fillet round the inside of each, turning the cut edge downwards. Into

Keep a Tin of Prawns In the Store Cupboard.

centre of the curled fish break an egg, fill up with a tablespn. milk, add pinch of salt, a dust of pepper, a light sprinkle of grated cheese. Steam 25 min. Serve with lemon sauce (p. 27).

Plaice Stew.

Follow the recipe for Turbot Stew (p. 116).

Prawns.

To cook these throw them into fast-boiling salted water, allowing 1 oz. salt to a quart. Boil about 8 min. They are done when they turn red, and should be taken up immediately, or their flavour is spoiled.

They are much used for garnishing, also for flavouring. A tin of prawns is a most useful item to keep in the store cupboard.

Prawn Cutlets.

A POPULAR DISH IN JAVA.

1 large cup prawns, measured after shelling.	1 egg.	
$\frac{1}{2}$ saltspn. saffron.	1 thick slice of bread.	1 small onion.
1 saltspn. salt.	2 green chillies.	Breadcrumbs.
1 sprig mint.	$\frac{1}{2}$ teaspn. ground ginger.	Frying fat.

**The Burmese add
prawns and lobsters
to chicken soup.**

Mince prawns, onion, chillies, and mint leaves very fine. Soak slice of bread in water, squeeze out water, and mix soaked bread with mince. Add saffron, ginger, salt, bind with the egg. Shape into cutlets, smother with breadcrumbs, fry till brown in hot fat or butter.

Prawn Frigedeira.

A BRAZILIAN RECIPE.

1 ripe cocoanut.	1 onion.	3 eggs.
1 cup shelled prawns.	1 teaspn. salt.	
	$\frac{1}{2}$ saltspn. pepper.	

Grate cocoanut and squeeze the flakes through cheese cloth to ex-

Serve a little Salmon Skin with Each Portion.

tract the juice. Put this liquid into a deep baking-dish with prawns, seasoning, onion thinly sliced ; simmer till onion is soft and the mixture thickens. Beat whites and yolks of eggs separately, then mix them lightly together. Stir half into the mixture in the dish, put remainder on top, and smooth it over. Place dish in slow oven till firm and slightly browned.

Cold cooked fish can be used in place of prawns. If the cocoanut flakes are very dry, add $\frac{1}{2}$ cup of hot water, and let it stand 15 min. before squeezing through the cloth.

Salmon.

Salmon has a distinctive flavour that has raised it above all other fish in public esteem. In preparing it, therefore, every care should be taken to preserve this flavour. It is a mistake to serve strongly-flavoured sauces with salmon, or such items as onions or cheese, which have sufficient flavours in themselves to kill the salmon flavour outright, thereby robbing the dish of its greatest value. By universal consent, cucumber is the one really desirable adjunct, its own flavour balancing to a nicety that of the salmon.

A little lemon juice is also a helpful addition, as it acts as a corrective to the richness of the fish ; and for this reason slices of lemon may well be served with salmon. Otherwise, leave the fish to please the diner by its own flavour. None but a very jaded palate could desire anything better. And though other items may be mentioned in these salmon recipes, they are not specially advocated, but merely included for those who crave variety.

For the same reason, salmon should be boiled in plain water, not in fish stock or *court-bouillon*, as the distinctive flavour of the salmon is only lessened by the seasoning in the stock or *bouillon*.

Mayonnaise, again, is an addition that adds considerably

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Put a Salmon Cut In Hot Water to Preserve Colour.

to the richness of the fish (and consequently makes it very indigestible) without adding anything to its virtues. For ceremonious occasions it has its uses, as it can be made a most decorative dish ; also, it appeals to those who like rich food.

When choosing a salmon, see that the flesh and gills are a rich red, the fish stiff and firm, and the scales bright ; those with small head and thick neck are the best.

When serving salmon, a small portion of the skin should be given with each helping.

Baked Salmon Cutlet.

1 salmon cutlet. 2 tablespn. butter. $\frac{1}{2}$ pt. milk.
1 dessertspn. chopped gherkins. 1 tablespn. flour. Salt.

A cutlet about an inch thick from the centre of the fish will be enough for 2 or 3 persons, according to the size of the salmon. Dust lightly with salt, put in a baking-dish with a little of the butter melted in the bottom, and the rest dotted over it. Bake from 30 to 45 min. Baste frequently.

When done, put the fish on a hot dish and keep hot, while the sauce is made of the flour rubbed into the milk and added to the butter in the baking-dish. When hot, add gherkin, boil 2 min. ; pour over cutlet or serve in tureen.

Inspid fish, such as fresh haddock and flounders, should be sprinkled with salt inside and out, and

Boiled Salmon.

Choose either a small whole fish or a cut from the centre of a larger fish for boiling. It is always better if the fish can be boiled whole, as the juices are less likely to boil out ; but a large fish is obviously too big for an average family.

Allow 1 oz. salt to each quart of

Boiled Salmon. Salmon Mayonnaise.

Pickle Left-over Fried Fillets in Mustard Vinegar.

water. A whole salmon is put into cold water ; a cut from the fish is put into hot water, to preserve the colour ; allow 10 min. to the pound unless the fish or cutlet be thin, in which case 7 or 8 min. will be enough. Underdone salmon is unwholesome ; overdone salmon is spoilt ; it should be taken up as soon as the fish comes away easily from the bone.

Sliced cucumber is a favourite accompaniment. Lobster sauce is another popular addition.

Salmon Mayonnaise.

This can be made with any sized portion of cold cooked salmon, according to the number to be served. Sometimes a large cut is placed in the centre of a dish, and the Mayonnaise Sauce (p. 28) poured over it ; or small individual portions are cut, each being covered with the sauce, and the pieces heaped on a dish in an attractive shape, with a final coating of sauce poured over the top. The whole is then garnished with slices of hard-boiled eggs and any salading that may be in season ; sharp pickles cut in pieces are sometimes included. In preparing this dish be careful to remove all skin and bone, and keep in the cold till needed.

Fillets of Salmon à l'Indienne.

1½ lb. salmon. 1 dessertspn. chopped parsley. Beaten egg.
1 teaspn. chopped onion. Breadcrumbs. Frying fat.

Cut salmon slices ½ in. in thickness with a very sharp knife, then into oblong or kite-shaped pieces. Place them on a dish and strew over the finely-chopped parsley and onion. Leave for ½ hour, then brush over with beaten egg, roll in breadcrumbs, and fry in a fish kettle of deep fat till nicely browned ; they will require 3 or 4 min. to cook through. Drain well on paper, serve with a good sauce.

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Avoid Strong Flavourings with Salmon.

Smoked Salmon.

Smoked salmon is always an expensive delicacy, and it is scarcely an item of food for ordinary home consumption, on that account. It is useful, however, as a *hors d'œuvre* for special occasions, when a very little can be made to go a long way by shaving in thin slices, which are heaped on a glass dish. Its distinctive flavour (due to smoking with juniper) is much liked by most people.

To BROIL.—Cut the salmon into thin slices or strips, rub over with butter or salad oil, and broil over a clear fire 8 min. If broiled in larger pieces, cook with the skin uppermost and the flesh nearest the fire.

ANOTHER METHOD.—Wash a piece of smoked salmon in several waters. Simmer for 12 min. Take up and dry, then rub over with butter and broil for 8 min. Serve melted butter or parsley sauce with this if liked.

Salmon Soufflé.

1 cup of flaked cooked salmon. 2 oz. flour.

A small piece of butter. ½ pt. milk.

Pepper and salt to taste. 2 eggs.

Remove all skin and bones from the salmon, and shred finely with 2 small forks. Put into a basin and mash with a wooden spoon; or, if preferred, rub through a fine sieve.

**In France, red
currant jelly is
served with
Salmon Trout.**

Add milk, flour, butter, and seasoning. Whip yolks and whites of eggs separately. Add, first, the yolks to the mixture and beat well, and, lastly, the whites. Turn into a well-buttered *soufflé* dish, and bake in a good oven for 35 min. Serve immediately; or the *soufflé* will fall and become flat and heavy. Tinned salmon can be used.

Soused Salmon. Tinned Salmon Balls.

When Salmon is Fresh the Scales are Bright.

Soused Salmon.

Lay a piece of cold boiled salmon in an earthenware pie dish or deep dish, cover with prepared vinegar as follows : To each pint of vinegar add 1 bay leaf, 4 cloves, 1 teaspn. salt, 6 peppercorns, 1 lump sugar. Bring to the boil and pour over the salmon. Serve cold.

Tinned Salmon Balls.

$\frac{1}{2}$ lb. tinned salmon.	$\frac{1}{2}$ saltspn. pepper.
$\frac{3}{4}$ lb. mashed potatoes.	2 eggs.
1 tablespn. margarine.	Flour. Breadcrumbs.
$1\frac{1}{2}$ teaspn. salt.	Frying fat.

Remove every vestige of bone from the fish, flake the red flesh and mince the skin. Mix well with mashed potatoes, or boiled potatoes rubbed through a sieve. Add salt, pepper, and melted margarine. Then mix in 1 egg lightly beaten. Flour the hands to prevent mixture sticking, and make into small balls or cakes. Beat second egg ; coat each ball well with egg and then toss in breadcrumbs. Fry in hot fat about 5 min., or till nicely browned. Drain and serve very hot. It is an advantage if the balls can be put into a wire fish basket and immersed in the smoking hot fat ; they are so much more easily dealt with. If the balls burst in the cooking, it is because they were not sufficiently coated with the egg and breadcrumbs.

If the mixture be too dry to shape into balls, moisten with a little milk. Chopped parsley, or a finely minced slice of onion can be added if liked.

Tinned Salmon Croustades.

6 oz. tinned salmon.	2 teaspn. parsley.
$\frac{1}{2}$ oz. butter or margarine.	$\frac{1}{2}$ lb. short crust paste.
1 slice onion minced.	Salt. Cayenne.

Line 8 patty pans or tartlet tins with short paste (p. 59). Prick the bottom of the paste with a fork ; fill with dry rice (to ensure their keeping the right shape while baking).

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When Boiling Salmon allow Ten Minutes to the Pound.

Meanwhile flake the salmon, removing every fragment of bone and skin. Heat butter in pan, fry onion 5 min., add salmon, toss it about in the pan, but do not break the flakes ; dust with salt and cayenne ; add parsley ; shake and toss till hot through. When the pastry is cooked—in about 12 min.—take from oven, empty out rice. Fill with the fish mixture. Return to oven, bake 5 min. ; serve hot.

Tinned Salmon Loaf.

1 large tin salmon.
 $\frac{1}{2}$ cup stale breadcrumbs.
 $\frac{1}{2}$ cup mashed potatoes.
2 eggs.

$\frac{1}{2}$ cup milk.
1 blade mace.
1 tablespn. chopped parsley.
1 teaspn. salt. Pepper.

Boil mace in milk 2 min. Mince salmon, mix with breadcrumbs and mashed potatoes, parsley, salt, and a dust of pepper. Add lightly beaten eggs, and the milk a little at a time, seeing that it does not get too moist. Fill a greased mould or bowl nearly full, cover, steam 1 $\frac{1}{2}$ hours. Melted butter, or parsley sauce, can be poured over.

The difference between savoury appetising fish and unpalatable stuff is often a question of salt alone. Fish is not like meat in permitting the addition of salt at the time of serving. It is more like rice or potatoes, flat-tasting if unseasoned until after the cooking is finished.

Tinned Salmon Salad.

1 small tin salmon.
2 stalks celery. 1 lettuce.
3 tablespn. mixed sweet pickles.
1 cup mayonnaise. Salt.

Flake salmon, removing bone. Cut pickles and celery into very thin slices. Dust with salt and mix together

Salmon Trout. Shad and Shrimps.

Horseradish was formerly boiled with Salmon.

lightly. If there are any cold green peas (fresh or bottled) available, these make an excellent addition. In mixing, do not break the ingredients, or they will become an unsightly mash. Line salad bowl with lettuce leaves, heap mixture on these, pour mayonnaise over the top.

Tinned Salmon Soup.

1 small tin salmon. 1 tablespn. butter. Flour.
1 qt. milk. 1 small onion. 1 teaspn. salt. Pepper.

Heat milk and onion in a double saucepan, thicken with the butter rolled in the flour. Mince salmon fine, add to the milk, with salt and a dash of pepper. Bring to the boil ; remove onion, and serve with sippets of toast.

Salmon Trout.

This can be cooked by any of the recipes for Salmon, but being a smaller fish it is usually cooked whole.

Sardine Salad.

6 sardines. ½ saltspn. salt.
1 cup cold mashed potatoes. 1 tablespn. mayonnaise.
2 small slices onion. 1 lettuce.

Bone and shred sardines, add minced onion, potato, and salt ; mix all very thoroughly together. Place portions on crisp lettuce leaves in a glass dish with mayonnaise on each.

Shad.

Boil or bake by the recipes given for Cod (p. 47), only do not remove the scales for boiling. To broil, make several gashes across the back, rub over with salt, pepper, and oil or dripping. Or it can be cut into fillets and fried.

To Boil Shrimps.

Throw them into fast-boiling salted water ; boil 5 min.

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Shrimp Stuffing is Delicious in Turkey.

Shrimp Balls.

A CHINESE DISH.

1 pt. shelled shrimps.	1 oz. fat pork.
1 egg. Lard.	1 tablespn. cornflour.

Mince the shrimps and the pork together, and mix with cornflour, add beaten egg. Make up into small balls and fry in smoking hot lard about 10 min., or till well browned.

Shrimps and Onions.

A CHINESE DISH.

1 pt. shelled shrimps.	2 tablespn. frying fat.
1 small onion. 1 egg.	1 teaspn. salt. Pepper.
1½ teaspn. cornflour.	Some thin bread slices.

Mince the onion and the shrimps together; add flour and beaten egg—the white is sufficient. Cut bread into 2-in. squares, put a dessertspn. of the mixture on each and fry in smoking hot fat till a light brown. If sufficient fat is available, these should be entirely covered with the fat, and taken out in 2 or 3 min.

**PREPARING BREAD-
CRUMBS.**

For best results the bread-crumbs must be properly prepared. This is done by drying them until as dry as a chip. Keep a crock or jar in the plate-warmer into which put all scraps of bread. When they are thoroughly dried run them through the finest cutter of a food-chopper, and then through the flour-sifter. The result is very fine white crumbs.

**Quickly-made Shrimp
Paste.**

1 pt. shrimps.	½ oz. margarine.
1 tablespn. milk.	

Remove heads and tails from shrimps, but leave the shells. Run the shrimps (shells and all) through mincer three times to reduce them to a paste. Melt margarine in saucepan, add

Shrimp Patties. Skate.

Caper Sauce is often served with Skate.

shrimp paste and milk. Stir till hot through, but do not let it boil. Turn into pots. This will keep several days. It is excellent for sandwiches.

Shrimp Patties or Croustades.

Make pastry shells as described for Salmon Croustades (p. 101), fill with the quickly-made shrimp paste described above. They can be left open, or covered with a top crust.

A Shrimp Savoury.

2 tablespn. butter.	1 small onion.	$\frac{1}{4}$ pt. milk.
1 cup shelled shrimps.	1 large tomato.	
1 cup hot mashed potatoes.	$\frac{1}{2}$ teaspn. salt.	Pepper.

Melt butter in pan, add sliced tomato and onion finely minced, and salt. Stir all together over fire 6 min. Then add lightly-chopped shrimps and mashed potatoes mixed with hot milk. Keep stirring till hot right through; add pepper, if liked. Serve in portions on hot toast.

Skate.

This fish should be hung 24 hours before cooking. Being lower in price than most other fish, as a rule, it is economical for a family dish. It should be skinned before cooking.

To BOIL.—Put in warm salted water; bring to the boil and simmer until the flesh separates from the bone, about 25 to 30 min. Serve a sauce with a pronounced flavour with this, such as anchovy, caper, shrimp or onion sauce.

To FRY.—The fish can be cut into convenient pieces, dipped in egg and breadcrumbs, or in batter, and then fried in smoking hot fat till well browned. Or it can be boiled first till nearly done, then dried quickly on a cloth, and fried in the hot fat.

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Handle Smelts Very Carefully.

Baked Skate and Onion.

AN ITALIAN RECIPE.

- | | |
|----------------------------|----------------------------|
| 1½ lb. skate. | 1 bay leaf. 2 cloves. |
| 1 medium onion. | 1 bouquet herbs. |
| 3 tablespn. breadcrumbs. | Salt. Pepper. |
| 2 tablespn. grated cheese. | ½ pt. melted butter sauce. |

Remove all skin and bone and cut fish into convenient helpings. Put into a saucepan with onion, and flavourings, barely cover with hot salted water, simmer for 20 min. Take fish from liquor, put in a well-greased baking dish (salad oil is used in Italy), cover with a layer of breadcrumbs, then a layer of grated cheese, a light sprinkle of salt and a dust of pepper, and the onion chopped small. Cover with hot melted butter sauce, bake ¼ hour in hot oven.

Smelts.

A light, delicate fish that needs very little addition to it in cooking, otherwise its flavour is lost. When fresh, it has a gleaming, silvery look, and is firm, with a pleasant odour, something like cucumber. If limp and flabby it is stale. Allow 2 smelts to each person. They must be very fresh, and well dried in a cloth - cooking.

When preparing any dish in which egging and breadcrumbing are used, use the left hand to dip the fish or meat into the egg and toss it into the breadcrumbs; then with the right hand cover the meat with crumbs and place it in the pan. In other words, keep the left hand for the wet work and the right hand for the dry work.

To BAKE.—Lay the fish side by side on a well-greased baking tin. Dust very slightly with salt, cover with breadcrumbs and dot bits of butter over the top. Bake ¼ hour.

Selecting Soles. Boning a Sole.

Small Brill can be Cooked like Sole.

TO FRY.—Dust with flour and fry in smoking hot fat. for about 7 min. Serve with melted butter sauce.

↑ To Select and Prepare Soles.

They should be thick and firm, and the light skin a cream colour ; if they are limp and flabby, with a blue or grey tinge in the skin, they are not fresh. The smaller soles are often more delicate in flavour than large ones.

To prepare, clean and wash carefully ; cut off fins, but do not remove roe. It is not necessary to remove the dark skin unless an all-white dish is required.

Soles can be cooked by any of the methods described on pages 10 to 13.

Boning a Sole.

In a great many cases of what may be called choice fish dishes, it is necessary to take out the backbone of the fish, and to fill in the space previously occupied by the bone with some kind of fish forcemeat.

Take a good-sized sole, then with a pointed knife cut a long slice from the neck, or from where the head joins the body of the fish, right down the fish to within $\frac{1}{2}$ inch of the tail. This long cut must be through the flesh right down to the backbone and along the backbone itself. You must be careful not to cut the bone. Now with the knife separate the meat from the bone on both sides right down the fish, first one side and then the other. It is best not to have the knife too sharp, as it is apt to cut the bone. Next, with the point of the knife cut right through the top of the backbone by the neck. Separate the flesh from the bone with the point of the knife underneath first one side and then the other, but do not cut right through the fish. You must separate the flesh from the bone down to where the back-

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Plaice can be Boned like Sole.

bone meets the two rows of little bones each side ; these little bones have to be left in. You can now take the backbone out in two or three pieces, and by putting the flesh back into its original position, you will have boned the fish as required. It is now ready to be filled with one of the various forcemeats described on pages 32 and 33.

Sole à la Colbert.

A large sole.	$\frac{1}{2}$ cup breadcrumbs.
1 oz. butter.	A beaten egg.
1 teaspn. chopped parsley.	Salt.
1 tablespn. flour.	Frying fat.

Bone the fish, spread a thin layer of *maitre d'hôtel* butter (1 oz. butter mixed till green with a teaspn. chopped parsley) on the flesh of the fish inside from where backbone has been removed, just as you would butter a slice of bread. Then arrange the flesh of the fish in its proper place, to look as though it had not been cut open.

Flour fish till dry ; dip into beaten egg, and again into breadcrumbs. Fry in hot fat 15 min. Serve with melted butter or anchovy sauce.

Sole au Gratin.

A medium sole.	2 tablespn. chopped mushrooms.
4 tablespn. good sauce or rich gravy.	$\frac{1}{2}$ cup breadcrumbs or raspings.
2 teaspn. butter.	$\frac{1}{2}$ teaspn. salt.
3 teaspn. chopped parsley.	Pepper.

Well butter a baking dish, sprinkle chopped mushrooms and parsley over the bottom. Lay on this the sole. Pour over it the gravy, sprinkle with remaining mushrooms and parsley, salt and a dust of pepper. Cover with breadcrumbs and the butter oiled. Bake 20 min. Serve in same dish.

Pickled Soles. Brown Fish Soup.

Bread Sauce is Recommended for Sole.

Pickled Soles.

A SOUTH AFRICAN DISH.

- | | |
|-------------------------|---------------------------|
| 2 large soles filleted. | 1 dessertspn. salt. |
| 5 medium onions. | 1 tablespn. mango pickle. |
| 2 oz. curry powder. | 4 chillies. |
| 1 qt. vinegar. | Frying fat. |

Heat fat, and fry the fillets a light brown. Remove from pan and let them cool. Meanwhile slice and fry 3 onions in 1 tablespn. of the fat, add half the curry powder, 2 chillies chopped fine, a teaspn. salt, and mango pickle; stir till onions are a golden colour and the mixture becomes thick. Moisten with a little vinegar, and let cool. Lay the fillets in an earthenware or glass jar, spreading a layer of the mixture over each. Cut the remaining onions into thin slices, simmer till soft in the vinegar, add to this the remaining chillies, curry powder and salt; pour over the fish. Leave uncovered till cold, then cover closely for 2 or 3 days, when it will be ready for use. It will keep several weeks. Any white fish can be pickled in this way.

Sopa de Rap: Brown Fish Soup.

A SPANISH RECIPE.

- | | |
|--------------------------|-----------------------------------|
| 1 lb. of any white fish. | 1 teaspn. salad oil. |
| 1 onion. 1 tomato. | $\frac{1}{2}$ oz. ground almonds. |
| 1 hard-boiled egg. | 1 dessertspn. salt. |
| $\frac{1}{2}$ lb. bread. | Pepper. Boiling water. |

Fry finely-chopped onion and fish, cut into small pieces, in oil till well browned. Meanwhile cut bread into thin slices, brown well in oven, or toast. Then break into small pieces and put into saucepan with the ground almonds, the egg and tomato chopped small, salt and a dash of pepper; cover with boiling water. Add contents of frying pan, when browned; simmer gently for $\frac{1}{2}$ hour.

This is a very substantial soup, as the bread absorbs

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Minced Fish is Delicious for Sandwiches.

the liquid ; but sufficient water must be added to make it very soft and creamy. Serve in soup tureen.

Fish Soup.

1 lb. of any white fish. 1 dessertspn. butter, or substitute.
1 medium onion.
1 qt. milk. 2 tablespn. flour. Pepper. Salt. Water.

Put fish in saucepan with barely enough cold salted water to cover it ; add sliced onion. Bring to boil and simmer gently. When cooked, take fish out of saucepan, flake it, removing skin and bones, and rub through a sieve. Strain liquor and put back in saucepan without the fish.

Mix the flour to a cream with some of the milk ; when perfectly smooth, add this, with remainder of milk and the butter, to the liquor in saucepan ; bring all to the boil, stirring constantly. Boil 3 min. Then add the flaked fish, with pepper and more salt to taste. Heat through.

ANOTHER METHOD.—Cook fish in boiling salted water. When done, flake fish, removing skin and bones, rub through a sieve. Melt a tablespn. of butter in a shallow pan, add flour gradually, stirring all the while, till mixture is free from lumps. Put the onion in the milk, boil for 10 min. ; remove onion, add butter and flour mixture. Stir until it thickens, add the fish. Season to taste ; heat through.

As the liquor in which the fish was cooked is not used in the latter recipe, the soup is not so nourishing.

Sprats.

These need to be served very hot, or they are greasy and unappetising. They are rather rich, and do not always suit persons with weak digestions.

They must be very fresh, or they are unwholesome. Choose those that are very silvery, with eyes bright.

To BOIL.—Put in boiling salted water ; simmer for about 10 min. or less. Serve with parsley sauce.

Sprats, Baked and Pickled.

Frying in Butter is apt to make Fish Soft.

TO BROIL.—String them on a skewer, by running it through the eyes, place on a well-greased grid-iron over a clear fire ; broil 4 min.

TO FRY.—Dry in a cloth, dip each in a tablespn. of flour to which 1 teaspn. salt has been added and a dash of pepper and fry till brown in a greased pan, but not in deep fat. Serve with Mustard Sauce (p. 29).

Baked or Soused Sprats.

2 doz. sprats.	10 peppercorns.
$\frac{1}{4}$ pt. vinegar.	$\frac{1}{4}$ teaspn. each of mixed spice
$\frac{1}{4}$ pt. water.	and ground ginger.
2 bay leaves.	Salt. Pepper.

Split fish after cleaning, remove heads and backbones, lay in an earthenware baking dish (not a metal one), sprinkle the inside of each fish with salt, pepper, and spice mixture. Add peppercorns and bay leaves, cover with vinegar and water. Bake in a moderate oven 30 min.

Pickled Sprats, No. 1.

A FLEMISH DISH.

4 lb. sprats.	3 bay leaves.
$1\frac{1}{4}$ pt. vinegar.	$\frac{1}{4}$ teaspn. mixed spice.
$\frac{3}{4}$ pt. water. 1 small onion.	1 dessertspn. salt.
2 in. thin lemon rind.	6 peppercorns.

Boil vinegar and water with onion sliced thin, and the other flavourings for 10 min. When cleaning sprats, remove heads and tails. Then lay the fish in a deep earthenware dish or jar. Pour the liquor over the fish, they must be covered with it. Tie greased paper over the dish or jar if there is no lid. Bake in a very slow oven $2\frac{1}{2}$ hours. Leave them in the dish in which they were cooked, use as needed. These will keep for several weeks.

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Split Peas and Fish Combine Well.

Pickled Sprats, No. 2.

USEFUL FOR SANDWICHES, OR LUNCH.

12 sprats.	2 bay leaves.
1 teaspn. dry mustard.	6 peppercorns.
1 tablespn. vinegar.	$\frac{1}{2}$ saltspn. mixed spice.
1 tablespn. water.	Salt. Frying fat.

Fry fish till done. When cold, split and remove bones. Lay the little fillets in an earthenware pie dish, insides uppermost. Sprinkle lightly with salt, lay bay leaves and peppercorns on top. Mix mustard, spice, and $\frac{1}{2}$ teaspn. salt with vinegar and water. Pour over fish. Ready for use in 2 days.

Fish and Split Pea Soup.

$\frac{1}{2}$ lb. any white fish.	1 dessertspn. butter or dripping.
$\frac{1}{2}$ lb. split peas. 1 carrot.	Water. Milk. 1 stalk celery.
1 small onion.	1 dessertspn. salt. Pepper.

Wash peas thoroughly, then boil in sufficient water to cover till quite soft.

Cut fish in pieces, put it in another saucepan with vegetables and just enough water to cover ; boil 35 min. Pass peas through a sieve with their liquor. Pass fish with its liquor and vegetables through a sieve and add to the pea pulp. If too thick for soup, add a little milk or water. Add salt and a dust of pepper. Boil up again ; add butter or dripping, stir well till this is blended with the soup. Serve hot with toast or plain biscuits. This should make a quart of soup.

Fish Stew En Blanco.

A SPANISH RECIPE.

Any white fish such as hake,	2 cloves garlic, minced.
cod, plaice or river fish.	2 bay leaves.
To each $1\frac{1}{2}$ lb. allow—	1 tablespn. flour.
1 tablespn. salad oil.	1 pt. hot water. Salt.

Fry the garlic (or a minced small onion) and bay leaves

Stewed Fish. Baked Trout.

Prawns are Cooked with Cocoanut in Many Lands.

for 3 min. in the oil ; then add flour gradually, stirring it until it browns. Next add the hot water gradually, stirring to avoid lumps. Put in the fish cut into pieces, salt to taste, and simmer till done. If the flavouring is not pronounced enough, add more onion and another bay leaf.

Stewed Fish with Cocoanut.

A RECIPE FROM CEYLON.

- | | |
|-------------------|-------------------------------------|
| 1 lb. white fish. | $\frac{1}{2}$ cup scraped cocoanut. |
| 2 medium onions. | 1 teaspn. salt. 1 lemon. |
| 2 green chillies. | $\frac{1}{2}$ saltspn. pepper. |

Put the fish in a saucepan with sliced onions and chillies, salt and pepper, and enough water to cover. Simmer till done, about 15 or 20 min. Meanwhile, cover the scraped cocoanut with 2 tablespn. water, and let stand till needed. When fish is cooked, remove to a warm dish and keep hot. Mash the cocoanut in the water, then squeeze and strain the liquor through muslin ; add this cocoanut milk to the saucepan, also the juice of lemon. Bring to the boil and pour over the fish. This recipe is excellent without the chillies and cocoanut.

Trout.

When cleaning, remove all the scales, and see that the inside is entirely emptied. Trout can be boiled or baked.

One large trout is sufficient for two or three persons.

To BOIL.—Cover with salted hot water, simmer very gently for about 12 min. Serve with a highly flavoured sauce poured over them—either anchovy, gherkin, or caper sauce.

Baked Trout.

- | | |
|---------------------|--|
| 2 trout. Salt. | 1 teaspn. Worcester sauce, or |
| Veal stuffing. | $\frac{1}{2}$ teaspn. anchovy essence. |
| 2 tablespn. butter. | 1 tablespn. flour. |

Empty and scale the fish, dry thoroughly after cleaning.

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Soak Turbot an Hour in Salt Water before Cooking.

Fill with veal stuffing, sew up opening. Lay in a well-greased baking dish, dust lightly with salt, dot bits of butter over each fish, bake for 35 min. in a moderate oven, basting frequently. When done, remove fish and keep hot. Blend the flour with the butter in the baking dish ; stir over the top of fire till it boils. If too thick add a little hot water. Add Worcester sauce, or anchovy, and a little more salt if needed. Pour over fish.

Turbot.

Select a thick, firm fish, with the underpart a creamy white. When a turbot is thin and flabby, and the underpart a bluish white, it is stale.

A turbot kettle is the correct utensil in which to boil this fish. But in modern days a turbot kettle is an expensive luxury, unless it is frequently in use.

With care, a turbot can be boiled quite successfully in an ordinary fish kettle. Even a large frying pan can be used in an emergency. But it is best to purchase a small fish, if you have no turbot kettle, as the width of a large fish makes it awkward to get in and out of an ordinary fish kettle. In any case, large turbot are coarser in the grain than smaller ones, and therefore less desirable.

Soak the fish in salted water for an hour before cooking to remove any slime. Clean thoroughly. Do not remove the fins ; they are gelatinous and considered a delicacy. If the fish is thick it may cook unevenly, therefore make an incision with the point of a knife down the middle of the dark side lengthways, before putting on to boil. If you wish the fish to be very white, rub the white side with a piece of cut lemon ; but this is not an essential.

Put the fish into the kettle with enough cold water to cover it, and about 2 oz. salt. Add a dessertspn. vinegar if you want it very white. Bring to the boil ; then remove

Braised Turbot. Turbot Olives.

Avoid Turbot that has a Bluish Tint.

to one side and simmer gently. Allow 25 min. for a medium fish, 35 min. for a large one. When the bone separates easily from the flesh, it is done.

Some cooks put the turbot into hot water at the start.

Serve with it either lobster sauce, shrimp sauce, anchovy sauce, or melted butter.

Braised Turbot à la Bengeoise.

A BRUGES RECIPE.

1 lb. turbot or cod.	2 tablespn. rice.
1 small onion.	3 dessertspn. flour.
1 tablespn. margarine.	Salt.
1 dessertspn. butter.	Pepper.

Cut fish into small portions about $1\frac{1}{2}$ in. square, sprinkle with salt, roll each in flour, to which a dash of pepper has been added. Mince onion fine, melt margarine in frying pan, add onion and brown slightly; add pieces of fish, cook slowly in butter with onion till tender, about 12 min.

Meanwhile boil rice in salted water with butter added. When done, strain and put to steam for a minute in oven to separate grains; then bank round a dish as for curry, and put fish in centre. Tomato sauce goes well with this.

Turbot Olives.

4 small fillets of turbot.	1 pt. milk.
4 olives. Lemon.	1 tablespn. flour.
1 hard-boiled egg.	Seasoning.
4 rounds brown bread and butter.	$\frac{1}{2}$ pt. shrimps.
	1 dessertspn. butter.

Dry the fillets carefully after washing. Spread a little butter on the inside of the fillets, then add a few drops of lemon juice, salt, pepper, and a sprinkling of flour. Stone the olives, and wrap one in each fillet of fish. Tie with a string, and steam in a pie dish with $\frac{1}{2}$ pt. milk for $\frac{1}{2}$ hour in the oven. Have ready sufficient rounds of brown bread

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When Cooking Turbot put White Side Uppermost.

and butter about $\frac{1}{2}$ in. in thickness. Dip into $\frac{1}{4}$ pt. boiling milk, drain, and set 1 olive turbot on each.

Mix the flour with a little cold milk to a smooth paste, and stir into the milk in which the fish has been baked. When thick and smooth add a dessertspn. of butter and $\frac{1}{2}$ pt. shelled shrimps. Pour over the fish, and serve immediately garnished with 1 hard-boiled egg put through a fine sieve. Sufficient for four persons.

Turbot Soup.

1 pt. turbot stock.	2 slices onion.
$\frac{1}{4}$ pt. milk.	1 teaspn. chopped parsley.
2 tablespn. minced cooked turbot. 1 small bay leaf.	1 teaspn. butter. Pepper. Salt.

This should be made the day after boiled turbot has been served at dinner. The foundation being the water in which the turbot was cooked, and any cold fish that may remain over. Simmer the onion slices in the stock for 15 min., then add remaining ingredients, bring to the boil, and serve with sippets of toast. The amount of salt to be added will depend on the stock, which probably is already salted.

Stewed Turbot.

2 lb. turbot steaks, cut from thickest part.	2 teaspn. chopped parsley.
1 small onion.	2 bay leaves. 1 pt. water.
5 medium-sized potatoes.	20 shelled shrimps.
1 dessertspn. butter.	$\frac{1}{4}$ pt. hot milk.
	1 dessertspn. flour. Salt.

Cut the fish into convenient strips. Put cold water into saucepan with potatoes in thin slices, onions chopped fine, bay leaves, and salt to taste. When this boils, put in the fish. Bring to the boil again, and then simmer gently for 20 min. Take up the fish carefully to avoid breaking the steaks, cover on a hot dish and keep hot. Add to the

Tunny Fish. Whitebait.

Dry Whitebait Thoroughly before Cooking.

contents of saucepan the hot milk, shrimps, butter rolled in the flour, and parsley. Boil for 3 min., stirring thoroughly. Pour over the fish.

Tunny Fish.

In Great Britain we only see this fish in tins. It is very useful, however, for *hors d'œuvres*, or as an appetising extra for breakfast, or informal high tea. It resembles salmon, in being rich and of reddish tint. It can be used according to any of the recipes for tinned salmon; though it is usually served cold, flaked or cut into slices when taken out of the tin, a little being placed on lettuce leaves, or alternated with thin slices of cucumber or sliced tomato and onion. Chopped sweet pickles, or capers, or chopped gherkins go well with it.

Whitebait.

Whitebait are in season from January to September. They require careful handling, and a wire basket is an essential for frying them. Keep the fish in the cold (on ice if possible) till needed. Put on a cloth, when ready to cook them, so as to absorb all possible moisture. Then put on a fresh dry cloth that is covered with flour, sprinkle with more flour, shake about in the cloth to get them thoroughly coated with flour. Then put fish into wire basket, shake it well to get rid of any spare flour. Have ready a saucepan of very hot fat, plunge the basket into this. Keep the basket moving for about 4 min., when the fish should be crisp and brown.

Dish up on *serviette* or fish papers to absorb fat, sprinkle with salt and cayenne. Serve with thin brown bread and butter and cut lemon.

Turmeric Improves Many Fish Dishes.

Whitebait Fritters.

A NEW ZEALAND DISH.

1 pt. whitebait.	1 tablespn. flour.
2 tablespn. milk.	Frying fat.
2 eggs.	1 teaspn. salt. Pepper.

Dry the whitebait in a cloth after washing. Mix flour, milk and well-beaten eggs to a smooth batter, add salt and a dash of pepper, stir in whitebait. Have fat hot in pan. Drop in the mixture in spoonfuls ; fry a crisp brown.

Whiting.

An easily-digested, inexpensive white fish. It can be cooked by any of the methods described on pages 11—13. Being somewhat insipid, it is improved by a well-flavoured sauce.

Fried Whiting with Turmeric.

A BURMESE DISH.

Allow 1 whiting for each person.	1 teaspn. salt.	Frying fat.
1 tablespn. turmeric.	$\frac{1}{2}$ teaspn. pepper.	Flour.

Remove the heads when cleaning. Make a few incisions each side of the fish ; rub them all over with a mixture made of the turmeric, salt and pepper. Then dip them in flour and fry in hot fat. Have ready plain boiled rice, and when the fish are a good brown colour serve them, very hot, laid on the boiled rice.

Witch.

This fish has a pointed head, and is something between a lemon sole and a sole ; and is often sold as lemon sole. Cook by any of the recipes given for sole. This fish is very easily skinned. Lay the knife under the skin at the left side, and it will come off without any trouble.

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